Kegel exercises for men

16 exercises to strengthen the pelvic floor

These exercises strengthen the pelvic floor and the muscles around it. They help you control your bladder, regain continence after prostate surgery and improve sexual function.

Before you start

- **Find your pelvic floor:** imagine you are stopping the flow of urine and holding in wind at the same time. Those are the muscles. Do not practise while passing urine: this is only to identify them the first time.
- **In every exercise**, gently tighten your pelvic floor and breathe normally, without holding your breath.
- If you have pain, have had recent surgery or have back, hip or knee problems, ask your urologist which exercises are right for you.

The basic exercise

1. Tighten your pelvic floor and hold the contraction for **5 seconds** (gradually increase to 10).
2. Relax for the same time, 5 to 10 seconds.
3. Repeat **10 times**.
4. Then do **10 quick contractions** of 1 second.
5. Do this set **3 times a day**: lying down, sitting and standing.

Use it in everyday life

- Tighten your pelvic floor **before coughing, sneezing or lifting**.
- When you feel urgency, stop, tighten your pelvic floor several times and wait for it to pass before going to the toilet.
- If you have had prostate surgery, start when your urologist tells you to.

Additional exercises



1. Knee to chest

Lying on your back, bring one knee towards your chest and return slowly.

10 repetitions per leg



2. Leg raise

Lying on your back, raise one straight leg and lower it slowly.

12 repetitions per leg



3. Bridge

Lying with your knees bent, lift your hips and lower them slowly.

3 sets of 12



4. Squat

Lower your hips as if you were going to sit down and hold the position for a few seconds.

3 sets of 12

Any questions? We are here to help

Appointments **+34 944 393 510** · WhatsApp **+34 688 873 045** · gestion@urologiaclinica.biz

Urología Clínica · Hospital Universitario IMQ Zorrotzaurre

Ballets Olaeta 4, 3rd floor · 48014 Bilbao · urologiaclinica.biz

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5. Lunge

Take a step forward and bend both knees. Step back and change legs.

10 repetitions per leg



6. Bird dog

On all fours, stretch out one arm and the opposite leg at the same time.

10 repetitions per side



7. Hip opener

Lying on your side with your knees bent, open the top knee without separating your feet.

12 repetitions per side



8. Marching

Lying on your back, lift one bent knee and then the other.

12 repetitions per leg



9. Ball squeeze

Lying with your knees bent, squeeze a ball between them.

Hold 5 s · 12 times



10. Plank

Resting on your forearms and toes, keep your body straight.

20 to 30 s · 3 times



11. Side leg raise

Lying on your side, raise your top leg straight and lower it slowly.

12 repetitions per side



12. Standing leg raise

Standing, raise one straight leg forwards slowly. Hold on to something if you need to.

12 repetitions per leg



13. Seated balance

Sitting, lean back and lift your bent legs, keeping your balance.

20 to 30 s · 3 times



14. Hip stretch

Sitting, cross one leg over the other and turn your upper body to that side.

30 s · 2 times per side



15. Cross-legged bridge

Lying down, cross one ankle over the opposite knee and lift your hips.

12 repetitions per leg



16. Frog stretch

Face down, resting on your forearms, open your knees and lean forwards.

30 s · 2 times

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Benefits of Kegel exercises

PELVIC FLOOR	BLADDER	BODY	SEXUAL FUNCTION
Strengthens it	**Better bladder control**	**Strength and stability**	**Helps to improve it**

Tip: do them every day, breathing calmly. Results are noticeable after **6 to 12 weeks**; if you stop doing them, the effect is lost.

My log

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Tick off the sets you do each day.

This is general advice. Your urologist may adapt it to your case. If you have any questions, please ask us.

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