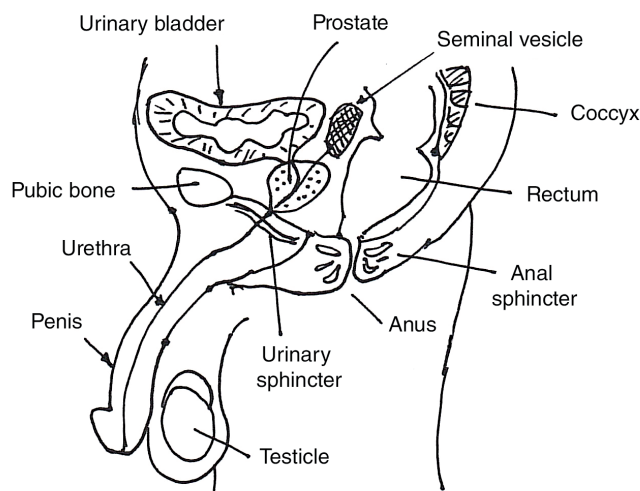


# Pelvic floor (men)

The pelvic floor is a set of muscles that support the organs of the lower abdomen, including the genitals, urinary bladder, and rectum. Weakening of the bladder, incontinence, poor control of defecation, chronic pelvic pain, or prolapse (whereby an internal organ is not properly held in place) are all possible consequences.

## What are the factors contributing to its weakness?

Neurological issues can sometimes result in pelvic floor dysfunction and incontinence. In men, this muscle group can be particularly affected by prostate surgery, obesity (particularly abdominal obesity), or exercises that involve excessive effort from the abdominals (such as weightlifting).



**Pelvic floor (men)**

## How does the pelvic floor recover?

Exercises designed to rehabilitate the pelvic musculature are referred to as Kegel exercises.

These exercises are recommended for strengthening the pelvic floor muscles and improving bladder control. In men, they can also improve erectile dysfunction.

Prior to beginning the exercises, it is recommended to relax the abdomen and diaphragm by engaging in some simple breathing exercises.

The patient must identify and be aware of the contraction and relaxation of the pelvic muscles. To learn this, one can try to stop urination, a movement performed by the pelvic musculature. Subsequent exercises should be performed at other times, without urinating. It is important to maintain a relaxed posture, avoiding tension in the abdomen or buttocks, and ensuring normal breathing.

## Kegel exercises

**Slow:** contract the muscles and count to 5; then relax and count to 10. This sequence is repeated 10 times in each session (morning, afternoon and evening).

**Fast:** the sequence is shorter. Muscles are contracted and relaxed for only one second.

Over time, the number of contractions per session should be increased.

It is good to get into the habit of doing the exercises repeatedly and regularly (at the dinner table, when traveling by public transport or by car as a passenger, at traffic lights, when reading, watching TV or talking on the phone, at the computer, every time you touch water, etc.). No one will notice that you are doing them. The improvement is noticeable after a few weeks.

It is also important to contract these muscles before making an effort, picking up a weight, jumping, coughing, and blowing your nose or sternum. It is also a good idea to do them after urinating to empty the bladder completely.

To obtain and maintain the benefits of these exercises, they should be done continuously, integrated into the daily routine.