

Physical Therapy in Male Pelvic Floor Dysfunction

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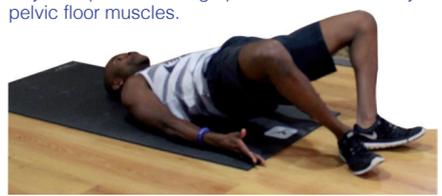
To do Kegel exercises:

- Contract these muscles for a slow count of five seconds.
- Release the muscles to a slow count of ten seconds.
- Repeat 10 times.
- Do a set of 10 Kegels daily, three times a day.
- Remember not to tense your legs, your abdominal muscles while you're doing Kegels.
- When you're first starting, it may be easier to do Kegel exercises in the following positions: lying down with knees slightly apart; sitting cross-legged, bridge with hip rotations.

Lie on back. Bend your knees making sure your feet are parallel and knees slightly apart. Do pelvic tilt and contract your pelvic floor.



Lie on your back with your knees bent. As you exhale, lift your hips into a bridge position and contract your pelvic floor muscles.



After a few weeks, increase the time until eventually you're contracting the muscles for a slow five or 10 seconds, and do the exercises standing up. Fit in a set of Kegel exercises every time you do a routine task. Contract your pelvic floor muscles just before and during any activity that puts pressure on your abdomen: coughing, sneezing or heavy lifting.

When Will You See Results from Kegel Exercises?

If you do Kegels three times a day, you should see better bladder control in three to six weeks some men see it later after three months. If you don't see any change after this period, your urethral sphincter is too weak to be enhanced by just Kegels. See your doctor. He can offer other therapeutic options. Many physical therapists use either biofeedback or e-stim as part of their protocol for treating pelvic floor dysfunction. Remember as it is long-term therapy, you may use home care devices, depending on the severity of your problem. Different devices are shown below:



Contact & Information

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