

2 Pelvic Floor Exercises for Men

Purpose: To contract and relax the pelvic floor muscles (potty muscles) with the objective of strengthening to **help prevent incontinence, low-back pain, core weakness, and other issues associated with a weak pelvic floor.**



Set-Up: Sitting on a chair or standing.

Contract and Release – The feeling of starting and stopping the flow of urine.

Step 1: Contract the pelvic floor muscles as a whole.

Breath: Inhale to begin, exhale on the contraction.

Step 2: Release the pelvic floor.

Breath: Exhale on the release.

Zipping Up – ‘Zipping’ the pelvic walls up. ‘Unzipping’ the pelvic walls down.

Step 1: Starting at the bottom of the pelvic floor, begin to “zip” the walls of the pelvic floor together.

Breath: Inhale to prepare, Exhale on the zip up

Step 2: At the top of the pelvic walls, begin to “unzip” the walls of the pelvic floor apart.

Breath: Inhale at the top of the zip, and slowly exhale to “unzip.”.

- **When to Practice:** Reading, in the car at a stop light or in traffic, standing in line, cooking, anytime! Pick a time to practice and stick with it.
- **Stretching the Pelvic Floor: Squatting** – hold on to a chair or sturdy bed-post, etc. for assistance.

