

# The Pelvic Floor Strengthenener For Men

This exercise forms a solid base for the abdomen, low back, and improves pelvic and prostate health at the same time. (**Women:** Ask Dr. Green for the Kegel exercise.) **Men:** Read on.

Originally this exercise was given to young men in the Middle East, India and China as a part of the education for the rites of passage into manhood and marriage.

Its use provides greater control of this area for both pelvic stability and improved sexual relations. As an added benefit, prostate health is enhanced as well. It helps the low back and pelvis by providing additional muscle tone and strength at the base of the spine and pelvis.

For purposes of lower back and pelvic stability, this exercise can be done anytime of the day and practically anywhere while standing, sitting, lying down, even while walking. Because it is so simple, it is necessary to make simple reminders to so it often so as not to "put it off till later". Using "Post-Its" with your own reminder word put in places that you frequent, even putting electronic reminders on your PIM may help. Once you get in the habit, it will come easily and reap the greatest benefits.

## The Exercise

1. Again—anytime of the day—tighten the area between the base of the penis and the anus as if you were cutting off the flow of urine and feces. If you have difficulty doing this, practice it while urinating and squeeze gradually tighter until you are sure of the sensation in your body.
2. The tightening is not with the buttocks or the stomach muscles, but instead with the little used muscles of the perineum. Remember: the tightening is below the base of the penis. While it is inevitable to tighten higher the aim is keep it low. Tightening higher may create an erection. Stop. Do something else and come back to it later.
3. Do this deeply and frequently to the count of 5 and relax for 3. Do 5 reps 5 times a day in the beginning. Repetition is important, but do not do it into extreme fatigue. As it gets easier, add reps and hold time. It sounds simple, but requires practice several times a day to gain real control.
4. As you become proficient try to imagine extending the tightening up in a V shape on both sides of the groin and toward the back and up like a bowl formed under your stomach and cradling the genitals. Note: this takes practice until you can actually feel it. Keep trying, it is worth the effort.

**This ancient exercise will provide a basis for improved pelvic and prostate health, as well as, improved sexual control. This exercise is similar to the Kegel exercise, which was first used in the West for natural child birth, whose origin was the premarital education of young women in Asia. It too provides better pelvic stability as well as reproductive organ health and control.**

Provided as a courtesy by

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