



# Male pelvic floor exercises and post micturition dribble

Pelvic floor exercises, when done correctly, can build up and strengthen the muscles that help you hold in urine.

## Pelvic floor exercises

The pelvic floor consists of layers of muscles and ligaments that stretch like a hammock, from the pubic bone at the front to the tip of the back bone, that help to support your bladder and bowel.

Pelvic floor exercises can be done in different positions:

- In a standing position, stand with your feet apart and tighten your pelvic floor muscles as if you were trying to avoid breaking wind. If you look in a mirror you should see the base of your penis move nearer to your abdomen and your testicles rise. Hold the contraction as strongly as you can without holding your breath or tensing your buttocks. Perform this three times (as strong as possible) in the morning, holding each for up to 10 seconds - and three times (as strong as possible) in the evening, holding each for up to 10 seconds.
- In a sitting position, sit on a chair with your knees apart and tighten your pelvic floor muscles as if you were trying to avoid breaking wind. Hold the contraction as strongly as you can without holding your breath or tensing your buttocks. Perform this three times (as strong as possible) in the morning, holding each for up to 10 seconds - and three times (as strong as possible) in the evening, holding each for up to 10 seconds.
- In a lying position, lie on your back with your knees bent and your legs apart. Tighten your pelvic floor muscles as if you were trying to avoid breaking wind and hold the contractions as strongly as you can without holding your breath or tensing your buttocks. Perform this three times (as strong as possible) in the morning, holding each for up to 10 seconds - and three times (as strong as possible) in the evening, holding each for up to 10 seconds.
- While walking, tighten your pelvic floor muscles as you walk.
- After urinating and you have emptied your bladder, tighten your pelvic floor muscles as strongly as you can to avoid an after dribble.

## Post micturition dribble

Post micturition dribble is the term used for the symptom when men experience an involuntary loss of urine immediately after they finish passing urine, usually after leaving the toilet. Some men find that, despite waiting and shaking, it remains a problem.

This happens as the urethra, (the tube leading from the bladder to the tip of the penis), is not being emptied completely by the muscle surrounding it. This is because the urethra is 'S' shaped and a small amount of urine becomes trapped in the bend. The simple exercise on the following page is aimed to help reduce this problem.

## Post micturition dribble exercise

- After passing urine, wait for a few seconds to allow the bladder to empty.
- Place your fingers behind the scrotum and apply gentle pressure to straighten out the urethra.
- Continue this whilst gently lifting and stroking to encourage the trapped urine to follow out.
- Before leaving the toilet, repeat the technique twice to ensure that the urethra is completely empty.

This technique can easily be used at home. When in public toilets it can be done discreetly, with a hand inside a trouser pocket.

It only takes a few seconds and will avoid the problem of stained trousers.

Pelvic floor exercises for men can also improve this problem as it improves the tone of your muscles.

Further useful information can be found at: [www.nhsinform.scot](http://www.nhsinform.scot)

## Further help and information

If you are experiencing continence issues, contact your GP or Community Nurse.

## We are listening - how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website: [www.wihb.scot.nhs.uk/feedback](http://www.wihb.scot.nhs.uk/feedback) or share your story at: [www.careopinion.org.uk](http://www.careopinion.org.uk) or tel. 0800 122 31 35
- tel. 01851 708069 or 07814 071868 Monday-Friday between 9am-5.30pm.