

Pelvic floor exercises for men



Pelvic floor muscle exercises are an easy and helpful way to maintain continence health. This resource explains why these muscles matter and explores practical steps to build strength and confidence every day. It's designed for men* of all ages, cultures and backgrounds.

Understanding the pelvic floor

The pelvic floor is a group of muscles and tissues inside the pelvis that provides essential support for your:

- bladder – where urine (wee) is stored
- bowel – where faeces (poo) is formed
- prostate – a gland that produces semen and impacts urine (wee) flow.

These muscles surround the urethra (wee tube) and the anus (back passage), helping these passages to open and close when needed so you can feel confident and in control.

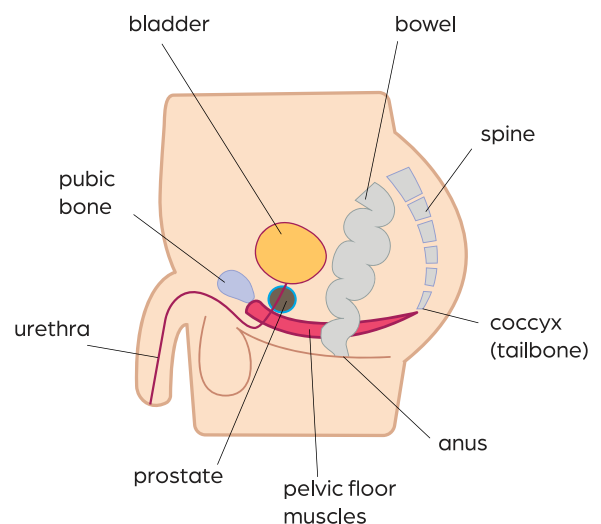
The pelvic floor runs from the pubic bone to the tailbone and across to the sitting bones. It works with your abdominal (tummy) and back muscles to support your spine, posture and movement.

The importance of strong pelvic floor muscles

When your pelvic floor is strong and working well it can:

- help control the passing of urine (wee), faeces (poo) and flatus (wind)
- keep the pelvic organs in place
- help with sexual sensation and function including erection and ejaculation
- support posture and breathing
- play a key role in recovery after prostate surgery
- reduce the chance of bladder or bowel control issues such as incontinence throughout life and into older age.

Pelvic floor changes are a natural part of life. Sometimes the pelvic floor muscles need extra strengthening, and at other times the muscles may be working too hard and need help to relax. Both are common and treatable with the right support.



When pelvic floor muscles are tight or overactive

You may notice:

- pelvic pain
- pain during or after sex
- constipation or difficulty emptying the bowel (poo)
- a strong or urgent need to pass urine (wee)
- frequent or painful urinating (weeing).

Overactivity is less common but very treatable with specialised pelvic floor muscle activation combined with relaxation. A pelvic health physiotherapist or nurse continence specialist can assess what's happening and provide personalised support.



Daily pelvic floor exercises make a real difference, improving bladder control, reducing symptoms and helping prevent future pelvic floor issues.

When pelvic floor muscles may benefit from extra strengthening

Many life experiences can shape how the pelvic floor works and it's natural for these muscles to need extra support at different times. Influencing factors include:

- prostate surgery
- constipation or straining on the toilet
- long-term coughing such as from asthma or smoking
- heavy lifting or high-impact exercise
- growing older.

I found the video on how to contract my pelvic floor muscles correctly really helpful. Thank you.

Participant
September 2025

Noticing pelvic floor changes

When the pelvic floor isn't working at its best – whether it's tight or weak – you may notice things like leaking, discomfort or reduced sexual sensation. Many men experience these changes.

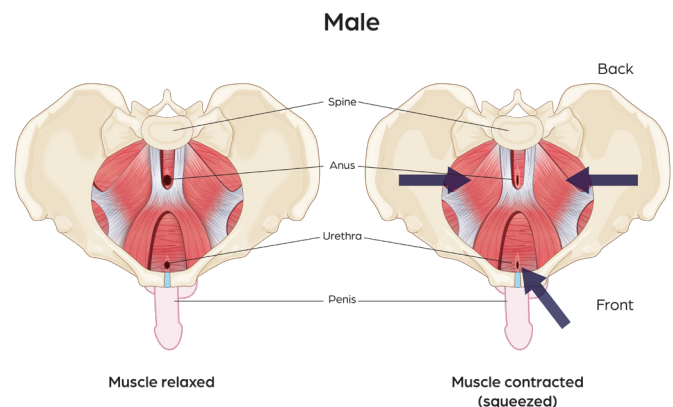
Even if it feels manageable, small changes are worth noticing as early action can help prevent bigger issues. If you're noticing changes, now is a good time to talk to a nurse continence specialist, pelvic health physiotherapist or GP (doctor) to explore support options.

How to strengthen your pelvic floor muscles

1. Find a comfortable position and relax your shoulders, tummy, bottom and thighs
2. Lift and squeeze the muscles around the base of your penis as if trying to stop urine (wee), keeping your legs and bottom relaxed. Now relax the muscles.
 - ▶ To check your technique, stand in front of a mirror and tighten and lift your pelvic floor muscles – you should see your penis pull in slightly toward your tummy and your testicles lift. Let go and relax – there should be a feeling of letting go.
 - ▶ If you use stopping your urine (wee) flow midstream to help you find the right muscles, only try it once or twice. Doing this regularly can interrupt your bladder's natural rhythm and make it harder for it to work.
3. Next time, hold the muscles for 3 seconds, then relax them fully – build up to hold for 5–8 seconds over time
4. Rest your pelvic floor muscles for the same amount of time as you held the lift, then repeat
5. Repeat 3–5 times in one set, building up to 8–10 squeezes per set
6. Aim for 3 sets each day
7. Optional: add 3–5 quick squeezes, building up to 8–10 per set.

If you can't feel your muscles contracting, change position and try again. The exercises can be done while sitting, lying or standing.

Like any muscle, pelvic floor muscles can be trained with regular exercises, and many men see results within weeks.



Doing pelvic floor exercises correctly is a learned skill that involves tightening, holding and fully relaxing the muscles. Getting this technique right can make a big difference to your results. A pelvic health physiotherapist or nurse continence specialist can teach you the proper technique.

Call the **National Continence Helpline on 1800 33 00 66** for free advice on how to exercise and relax your pelvic floor muscles, or to find a continence health service near you.

Tip: Link your practice to daily habits or movements you already do – after using the toilet, when washing your hands, when you have a drink or before a shower.

Tracking progress

Try a quick weekly check to track your progress and celebrate small wins:

- Did I practice my pelvic floor exercises most days this week?
- Do my pelvic floor muscles feel easier to find, activate or relax?
- Did I move my body in ways that feel good and support my core and pelvis?
- Did I avoid straining on the toilet?
- Did I notice fewer leaks, less heaviness or improved control?

Other resources

Pelvic floor exercises for men



Need help now?

Call the National Continence Helpline on 1800 33 00 66

Monday to Friday 8am – 8pm (AEST).

This may vary by state due to time zone differences. Closed on public holidays.

You can talk to a nurse continence specialist for free and confidential advice. You can ask for an interpreter who speaks your language.

When to seek help or advice

If you're unsure whether you're doing pelvic floor exercises correctly, a nurse continence specialist or pelvic health physiotherapist can offer personalised support.

Seeking support is important if:

- you can't feel your pelvic floor muscles tighten or relax
- you can't stop the stream of urine (wee)
- you feel pain during or after doing pelvic floor exercises
- symptoms haven't started to improve after 3 weeks or get worse
- you've had surgery and want advice to support a healthy recovery.

If you've had prostate or urological surgery, it's important to wait until your surgeon has checked your healing before starting pelvic floor muscle exercises. This helps ensure you recover safely and comfortably.

*Continence Health Australia recognises that the words we use can impact how people feel seen and heard and, in turn, how they engage in conversations about health. Our use of the words 'men' or 'male' includes all people who may have similar health needs, including people assigned male at birth and anyone who identifies as a man.

Note: This resource is designed to support you with clear, helpful information. A health professional can provide care that's right for your needs.



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