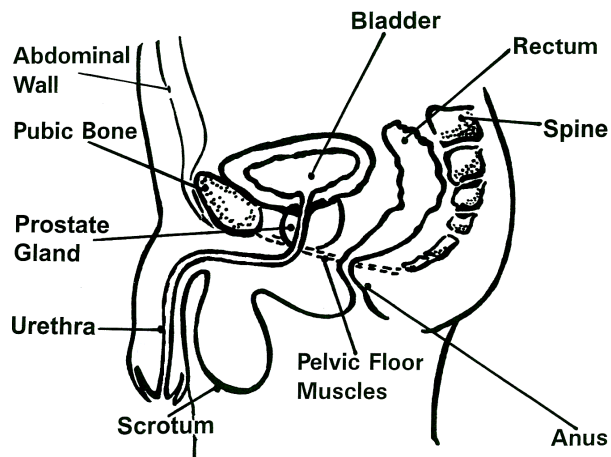




## THE MALE PELVIC FLOOR MUSCLES

The pelvic floor consists of several layers of muscles that cover the bottom of the pelvic cavity. These muscles have several distinct roles:

1. To support the pelvic organs, the bladder and colon within the pelvis.
2. To assist in stopping and starting the flow of urine or the passage of gas or stool.
3. To aid in sexual appreciation.



## HOW TO LOCATE THE PELVIC FLOOR MUSCLES

### The Urine Stop Test

- At the midstream of your urine flow, squeeze the pelvic floor muscles. You should feel the sensation of the openings shut and the muscles pulling up and in to the pelvic cavity. If you have strong muscles you will slow or stop the stream of urine.
- Try to stop or slow the flow of urine without tensing the muscles of your legs, buttocks or abdominal wall.
- Do this only to locate the muscles, not as a daily exercise.

### Feeling the Muscle

- Place a fingertip on or into the rectal opening. Contract and lift the muscles as though you were holding back gas or a bowel movement.
- You will feel your anal opening tighten and your penis move slightly.

### Watching the Muscles Contract

- Begin by lying on a flat surface. Position yourself with your knees apart and bent with your head elevated on several pillows. Use a mirror to look at the anal opening and penis.
- Contract or tighten the muscles around the anal opening and watch for a puckering and lifting of the anus and slight movement of the penis.
- If you see a bulge of your anus this is an incorrect contraction and you should notify your health care provider for more instructions.

