

10 ERECTILE DYSFUNCTION EXERCISES TO KEEP YOUR MANHOOD HEALTHY

PELVIC FLOOR EXERCISES FOR ERECTILE DYSFUNCTION

Your pelvic floor muscles span from your tail bone to your pubic bone. Scientists believe that a solid pelvic floor could aid in achieving and sustaining an erection.



Imagine holding in your urine or stopping yourself from flatulating to find your pelvic floor muscles. You should notice your penis and testicles lift or retract into your body slightly. As you do this, avoid flexing or engaging your thighs or buttocks. You should also be able to breathe in and out while you do this.

Now that we know which muscles to engage, let's begin some kegel exercises.

LYING POSITION

- Lie down with your knees bent and apart.
- Tighten or contract your pelvic floor muscles as hard as you can.
- Refrain from engaging your abs and buttocks, focusing only on your pelvic floor muscles.
- Do this three times in the morning and three times in the evening.



AFTER URINATING

After using the toilet, tense your pelvic floor muscles — this may also help prevent dribble. Kegel exercises may also benefit those dealing with urinary incontinence.



DURING SEX

Engage your pelvic floor muscles during sex, following a slow and steady rhythm to help maintain the erection. A slower pace may help build up higher pressure in your penis.

TO PUT OFF EJACULATION

Men dealing with premature ejaculation may try engaging their pelvic floor muscles during sex to maintain their erection and delay ejaculation.

PELVIC CURL

- Lie on your back.
- Bend your knees and keep your legs hip-width apart.
- Bring your hips toward the ceiling.
- Engage your pelvic floor muscles as you lift your hips, pressing your shoulders against the floor.
- Hold the position for three seconds and three times in the evening.
- Slowly lower yourself.
- Aim for ten reps.



KNEE FALLOUT

- Lie on your back.
- Bend your knees so that the soles of your feet completely touch the floor.
- Tense your pelvic floor muscles and slowly lower one knee sideways. Keep your pelvis stable and engaged.
- Repeat with the other side.
- Aim for ten reps.



SUPINE FOOT RAISES

- Lie on your back.
- Bend one knee with your foot flat on the floor.
- Extend the other leg with your toes pointing upward.
- Tense your pelvic floor muscle and raise the extended leg.
- Hold the position for five seconds.
- Repeat on the other leg.

STANDING POSITION

- Stand up straight with your feet shoulder-width apart.
- Tighten or contract your pelvic floor muscles as hard as you can.
- Hold the position for 10 seconds.
- Relax your muscles and rest for 5 seconds.
- Do this three times in the morning and three times in the evening.



SITTING POSITION

- Sit on a chair, leaving some distance between your knees.
- Contract your pelvic floor muscles. It should feel like lifting the muscles, but your buttocks should stay glued to your chair.
- Refrain from engaging your abs and buttocks.
- Do this three times in the morning and three times in the evening.

WHILE WALKING

Try to contract or lift your pelvic floor muscles with 50% power as you walk.

OTHER EXERCISES THAT ACTIVATE YOUR PELVIC FLOOR MUSCLES

These are not kegel exercises, but they also engage your pelvic floor muscles. Pilates may help improve your flexibility, which could prove beneficial in the bedroom!

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