

Exercising your **pelvic floor** may have extra benefits



Pelvic floor muscle exercises can help men with:

- ✓ improved sexual function
- ✓ improved bladder and bowel control
- ✓ better recovery after prostate surgery
- ✓ increased social confidence and quality of life.

To find out more about the male pelvic floor and how to exercise it go to:

[continence.org.au/male-pelvic-floor-muscles](https://www.continence.org.au/male-pelvic-floor-muscles)

