

World Continence Week
20- 26 June 2022



Say namaste to your pelvic floor



Pelvic floor muscle exercises can help men with:

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

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

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

