



MEN!

PUCKER UP YOUR PELVIC FLOOR!

This Valentines

Feeling Romantic? Physiotherapists who specialise in pelvic health problems are reminding men that their pelvic floor muscles are vital for sexual pleasure.

UK-led research shows clear evidence that strengthening pelvic floor muscles improves your sex life and can help reduce your risk of and treat problems like erectile dysfunction. Ensuring you are relaxing your pelvic floor is also vital in good pelvic floor health. The pelvic floor muscles help to trap blood in the penis to maintain an erection. Not only can men expect a stronger erection, but it will last longer.

Pelvic Health Physiotherapists specialise in teaching pelvic floor exercises and can offer a full assessment, examination, advice and treatment. You can download a free pelvic floor exercise booklet from the POGP website <http://pogp.csp.org.uk/publications>

If you feel you would benefit from seeing a specialist physiotherapist do talk to your GP about a referral.