

## **Pelvic floor exercises for premature ejaculation**

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Premature ejaculation is a complicated subject. There does not appear to be a consensus regarding how much time the period between arousal, sexual stimulation and ejaculation should take and what exactly constitutes the diagnosis of premature ejaculation. However, the ability to be somewhat in control of the onset of ejaculation is considered to be vital to ensuring optimal sexual satisfaction for both partners. While it is perfectly normal that there be occasions when a man or his partner feels he has "come to soon", when this occurs chronically, it can become a great source of distress. Because anxiety is often at the core of this condition, the intense desire to do better next time often increases anxiety for both partners, which perpetuates the condition and results in a lack of sexual motivation and interest.

Another area where consensus is lacking is regarding the cause of premature ejaculation. Ejaculation, which usually occurs simultaneously with orgasm, is a result of a complex interplay between the brain, the spinal cord, and the nervous system as well and various other mechanisms, including neurotransmitters, which are chemicals that transmit nerve impulses. However, no one factor has been isolated to be the cause. Many researchers believe that the cause is organic and may be a symptom of chronic prostatitis, neurological disease, pelvic injury, vascular disease or overgrowth of the prostate gland. Others believe the problems to be psychological, mainly due to anxiety about performance or guilt surrounding ejaculation. The fact is that like most sexual problems, the causes are probably multi-factorial and relationship issues, general health, use of medications and lifestyle all should be taken into account.

The popular treatments for premature ejaculation include the stop/start technique, developed by a urologist named Semans in the 1950s, and the squeeze technique introduced by Master's and Johnson in 1970 (links on your site would be great here). Another treatment technique that has been reported to control ejaculation timing is pelvic floor exercise. It is not that well understood how pelvic floor exercises may help in delaying ejaculation, and despite the popularity of the technique on the web, whether it really works has not been well studied by research. However, there are very good reasons for doing these exercises. Men who learn to identify, contract, and relax their pelvic floor muscles develop a great deal of awareness of how their body works and increases their self confidence. By being aware of how muscles tend to contract when feeling anxious, one can develop the skill to help reduce anxiety by relaxing the muscles, similar to the way we use breathing techniques to calm ourselves when stressed. Relaxing the pelvic floor muscles may have an effect on the nervous system which can help to control the timing of ejaculation. Strengthening the pelvic floor muscles, in addition to learning to relax them, may help improve blood circulation, nerve and blood vessel supply. This develops tone, strength and endurance, all of which enhance genital sensation and sexual pleasure. It is also possible that strengthening the pelvic floor may allow some men to achieve a form of orgasm without allowing ejaculation, and thereby perhaps reach multiple 'climaxes' during sexual activity. This technique has been practiced by the Taoists of ancient China as well as Yogis in India, and continues to be part of the teachings of Tantra.