

Kegels for Men After Prostate Cancer Treatment

Simple tips to help you regain bladder control

Why Kegels Matter

After prostate cancer treatment, the muscles that help control urine can become weakened or disrupted. Kegel exercises strengthen these pelvic floor muscles, which can help reduce leakage, improve control and support recovery over time.



Step 1: Find the Right Muscles

You're looking for the muscles that:

- Stop the flow of urine
- Prevent passing gas

TIP: Try tightening as if you're stopping a leak or holding in gas. If your stomach, thighs, or buttocks tighten, you're using the wrong muscles.

If you're unsure, a pelvic floor physical therapist can help you identify them correctly.

Step 2: Get Into a Comfortable Position

Start in a position that makes it easy to focus:

- Lying down
- Sitting in a chair
- Standing once you're more comfortable

There's no "right" position – choose what works best for you.

Step 3: Practice Two Types of Kegels

You'll get the best results by doing **both**.

Quick Contractions

- Tighten the pelvic floor
- Hold for 1–2 seconds
- Fully relax
- Repeat 5–10 times

Long Holds

- Slowly tighten and lift the muscles
- Hold for up to 5 seconds (work up to 10)
- Fully relax
- Repeat 5–10 times

Step 4: Rest and Breathe

- Rest about 10 seconds between contractions
- Keep breathing normally – don't hold your breath
- Quality matters more than quantity

Step 5: Build a Daily Routine

- Start with 1–2 sessions per day
- Gradually work up to 3–5 sessions daily
- Consistency is more important than intensity

TIP: Link your Kegel practice to other daily habits (after brushing your teeth, during commercials, while sitting at your desk, etc.).

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What to Expect

- Improvement takes time, often weeks to months
- Progress may be gradual and uneven
- Some improvement is better than none – stay patient and persistent

Important Do's and Don'ts

- **Do** keep muscles fully relaxed between contractions
- **Do** stop if you feel pain or strain
- **Don't** practice by stopping urine regularly (use only to identify muscles)
- **Don't** overdo it – fatigued muscles won't help control leaks

When to Get Help

Talk to your doctor or a pelvic floor physical therapist if:

- Leakage isn't improving
- Exercises feel painful
- You're unsure you're doing them correctly

Professional guidance can make a big difference.

You're Not Alone

Bladder leakage after prostate cancer treatment is common—and treatable. With the right exercises, support and patience, many men see meaningful improvement.

Learn more and find additional support at [NAFC.org](https://www.nafc.org)

BLADDER DIARY

Complete one form for each day for four days before your appointment with a healthcare provider. In order to keep the most accurate diary possible, you'll want to keep it with you at all times and write down the events as they happen. Take the completed forms with you to your appointment.

NAME:

DATE:

| Time | Fluids | | Foods | | Did you urinate? | | ACCIDENTS | | | |
|-------------------|------------|-----------|------------|-----------|------------------|-------------------------|------------------------------------|----------------------------------|-------------------------------------|--|
| | What kind? | How much? | What kind? | How much? | How many times? | How much? (sm, med, lg) | Leakage How much? (sm, med, lg) | Did you feel an urge to urinate? | | What were you doing at the time? (Sneezing, exercising, etc.) |
| Sample | Coffee | 1 cup | Toast | 1 slice | ✓✓ | med | sm | Yes | <input checked="" type="radio"/> No | Running |
| 6 a.m. - 7 a.m. | | | | | | | | Yes | No | |
| 7 a.m. - 8 a.m. | | | | | | | | Yes | No | |
| 8 a.m. - 9 a.m. | | | | | | | | Yes | No | |
| 9 a.m. - 10 a.m. | | | | | | | | Yes | No | |
| 10 a.m. - 11 a.m. | | | | | | | | Yes | No | |
| 11 a.m. - 12 noon | | | | | | | | Yes | No | |
| 12 noon - 1 p.m. | | | | | | | | Yes | No | |
| 1 p.m. - 2 p.m. | | | | | | | | Yes | No | |
| 2 p.m. - 3 p.m. | | | | | | | | Yes | No | |
| 3 p.m. - 4 p.m. | | | | | | | | Yes | No | |
| 4 p.m. - 5 p.m. | | | | | | | | Yes | No | |
| 5 p.m. - 6 p.m. | | | | | | | | Yes | No | |
| 6 p.m. - 7 p.m. | | | | | | | | Yes | No | |
| 7 p.m. - 8 p.m. | | | | | | | | Yes | No | |
| 8 p.m. - 9 p.m. | | | | | | | | Yes | No | |
| 9 p.m. - 10 p.m. | | | | | | | | Yes | No | |
| 10 p.m. - 11 p.m. | | | | | | | | Yes | No | |
| 11 p.m. - 12 mid | | | | | | | | Yes | No | |
| 12 mid - 1 a.m. | | | | | | | | Yes | No | |
| 1 a.m. - 2 a.m. | | | | | | | | Yes | No | |
| 2 a.m. - 3 a.m. | | | | | | | | Yes | No | |
| 3 a.m. - 4 a.m. | | | | | | | | Yes | No | |
| 4 a.m. - 5 a.m. | | | | | | | | Yes | No | |
| 5 a.m. - 6 a.m. | | | | | | | | Yes | No | |