

The PELVIC MUSCLE Technique

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Recognition and management of the pubococcygeal muscle or pelvic muscle(s) (PM) is an important awareness about our bodies that can help our sexual enjoyment and performance. The exercises below are given to (1) help men to think and feel sexually, (2) to improve sensual awareness and heighten pleasurable sensations during sexual activity, and to (3) improve sexual performance, especially to control of ejaculation. Men with difficulty achieving/maintaining erections can use the PM muscles in one way to improve erections; men learning to control ejaculation can use these muscles in another way to delay ejaculation and prolong pleasure. Still other men who have difficulty reaching ejaculation may use these muscles to help reach orgasm.

The PM muscle extends from the pubis (the bony prominence on the front of the pelvis) to the coccyx (the end of the spine). It is the inner layer of the pelvic floor muscles, the outermost layer being made up mainly of sphincters or ring-like muscles which close the outer openings of the urinary passage/penis, and the rectum/anus. The easiest way to locate these muscles is to imagine you are squeezing off urination or stopping a bowel movement. These are the same muscles that we use to make the penis "flex" or move a little, and these are directly involved in ejaculation, contracting rhythmically several times at 0.8 seconds to propel the semen out the penis.

Because the PM muscle is muscle tissue like other muscles, it can be "conditioned" or "trained" to perform more efficiently and more voluntarily. Regular "exercise" can: (1) increase your sensual awareness of the muscle; and (2) offer you an effective tool in managing your sexual pleasure and activity through greater understanding and management of the PM's role. What follows is typical experience for many men, but your body may vary so be open to experiment to find what works for you.

Erectile Dysfunction

Men having difficulty with erections can sometimes benefit from awareness and use of the PM muscle. Focusing one's attention on the PM muscle from time to time and consciously contracting or tightening it may increase penile sensation, arousal and excitement.

Inhibited or Difficult Ejaculation/Orgasm

Men having difficulty ejaculating can sometimes benefit from awareness and use of the PM muscle. Focusing one's attention on the PM muscle from time to time and consciously contracting or tightening it may increase penile sensation, arousal and excitement. When trying to ejaculate, some men report that if they relax the PM muscle while enjoying sexual arousal (e.g., intercourse, oral pleasure), and then tighten or contract the PM muscle for 5-10 seconds, then relax it, then tighten again, that they may build or "ratchet up" the sexual arousal and aide reaching ejaculation. Since the PM muscle is involved in ejaculation/orgasm, relaxing the muscle and reserving it, and then contracting it judiciously, can directly help reach ejaculation/orgasm.

(over)

Men learning to manage their sexual excitement and to choose when they want to ejaculate find that using the PM muscle is a powerful strategy, especially in conjunction with other techniques such as “Stop Start.” In treatment premature ejaculation, the PM muscle is used in two basic ways. First, because general total-body relaxation is the foundation for adequate sexual functioning and good ejaculatory control, attention to relaxing the PM muscle during sexual activity is *an efficient way to relax the total body* because if the PM muscle relaxes, the whole body tends to follow its lead. Secondly, by relaxing the PM muscle and keeping it relaxed, *the muscles involved in ejaculation are relaxed*, “reigned in,” or “held-back.” A particularly important example of this is at the moment of starting intercourse, when the penis is entering the vagina. It is natural for the PM muscle to tighten or “salute” as a reflex when the penis is entering. When the man allows this to happen, he is unwittingly tightening the very muscles involved in ejaculation, thereby encouraging ejaculation. Therefore, men need to learn relax the PM muscle, especially at intromission, to offer some “reserve” or margin. To gain better control over ejaculation, then, the man focuses attention on the PM – commonly the sensations in the perinea (area between the testicals and anus, the gluteus maximus (butt muscles), or the anus) – and consciously relaxes the muscles. By maintaining conscious relaxation, more intense sexual stimulation is able to be enjoyed without ejaculation.

Exercise # 1: “Training the Muscle”

This exercise is intended (1) to improve your conscious awareness of the sensations of the PM muscle, and (2) to strengthen the PM muscle.

Do this: Each day, set a time (about 1 minute). While concentrating on the physical sensations that you feel in the PM muscle: (1) contract or tighten the PM muscle and hold for 3 seconds; (2) then relax the PM muscle for 3 seconds while you continue to consciously focus on the sensations. *So, do this 10 times – tightening 3 seconds, relaxing 3 seconds – for a total of 60 seconds.*

Do this “set” (contracting and relaxing the PM 10 times) at 3 different times during the day. At first it may be difficult to tighten and hold the muscle for 3 full seconds, but do what you can (e.g. 1 or 2 seconds) and build up your strength over time.

Exercise # 2: Creating the PM “Continuum”

This exercise expands on the skill of Exercise # 1, and is intended (1) to increase your conscious control of the PM muscle.

Do this: Visualize that the intensity of the PM muscle can be tightened in varying degrees (not simply “tight / relaxed”). Imagine a continuum from 1 to 10, at first with, say, 3 points: “1” relaxed), “5” (medium), and “10” (tight) and *practice moving from one to the other point holding the PM at that level for 3 seconds, then relax.* For example, tighten the PM to “10” (tight) and hold for 3 seconds, then back off the tightness to “5” (moderate tightness) and hold for 3 seconds, and then relax the PM to “1” (relaxed) and stay for 3 seconds. Practice this until it becomes easy to do.

Once this is learned, *extend the continuum* from 3 stopping points (1,5,10) to 5 stopping points € “1” “3” “5” “7” & “10”. For example, tighten to 10 and hold for 3 seconds, then move down to 7, then 5, then 3, and then relax at 1. Then move back up the scale. Then move randomly from one point on the scale to another (3,10,7,1,5, etc.).