

## **Pelvic Floor Muscle Exercise Videos**

As part of the Genesis Erectile Dysfunction Treatment Program, we have included the following videos to help you strengthen your Pelvic Floor muscles to prevent erectile dysfunction, reverse erectile dysfunction, and for older men to eliminate incontinence and to strengthen your PC muscles after prostate surgery.

### [Pelvic Floor Muscle Introduction](#)

Pelvic Muscle Exercise Video for men after prostate surgery. This exercise helps prevent erectile dysfunction in men who have weak pelvic floor muscles after prostate surgery.

### [Pelvic Muscle Exercise 1](#) Erectile dysfunction Floor Exercises

Exercises for Erectile Dysfunction and Improved Sexual Performance.

### [Pelvic Muscle Exercise 2](#) Exercise for Better Sex

Ayurvedic Exercises to prevent erectile dysfunction

### [Pelvic Muscle Exercises 3](#) Tantra Erectile Dysfunction Exercise

### [Pelvic Muscle Exercise 4](#) – How to Handle Erectile Dysfunction

### [Kegel Exercises](#) – Kegel Exercises for Erectile Dysfunction

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