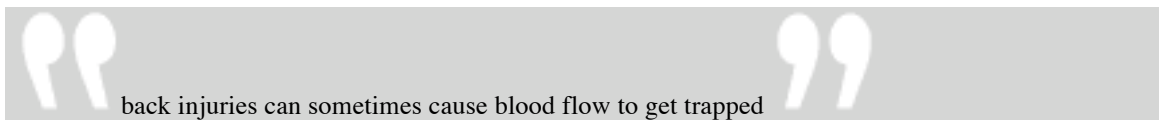


Back Trouble And Erection Problems Can Be Connected

Written by Richard Simmons | Saturday, 05 December 2009 | There are 0 comments



It is possible that men who suffer from lower back pain could also end up suffering from erectile dysfunction according to Professor Irwin Goldstein, the director of [Alvarado Hospital's Sexual Medicine Program](#). Goldstein who is also [The Journal of Sexual Medicine's](#) Editor noted that when a man was recently treated for back pain he also regained full erectile function. In this case the man had been in a serious car accident which had left him with severe back pain, numbness in his leg and erectile dysfunction. Dr Goldstein decided to treat the patient by getting him to strengthen his pelvic floor muscles which had a positive effect not only on the back pain but also on the erectile function.

Professor Goldstein explained that back injuries can sometimes cause blood flow to get trapped and therefore restrict blood in the pelvic area which is essential for good erectile function. He also said that back injuries can also cause pelvic muscles to go into spasm and thus become weak which in itself was a cause of sexual and erectile dysfunction. The best way to [strengthen pelvic floor muscles](#) is to do Kegel exercises every day. These Kegel exercises involve you contracting, holding for a period of time and then releasing your pelvic floor muscles. You can do these even when you are at your desk without anybody noticing and if you do them on a regular basis you should note improvements to erectile function. They are also said to [improve female sexual function too](#).

Whatever the case if you are experiencing back problems and also erectile dysfunction it may well be that they are connected and you should firstly get treatment for the back problem rather than try and treat the problem using the erectile dysfunction medications [Viagra, Cialis and Levitra](#). Having a healthy posture and strong back muscles will serve you well as you get older and ensure that you always have good mobility.

http://www.ukmedix.com/impotence/back_trouble_and_erection_problems_can_be_connected5103.cfm