

HF Treatments Channel Transcript

1) As far as conservative treatments go, a decent number of people have benefited from a combination of pelvic floor stretches and exercises that focus on strengthening the parts of the body surrounding the pelvic floor (glutes, hamstrings, abs).

https://www.reddit.com/r/HardFlaccidGroup/comments/ymzz2r/my_routine_got_stickied_in_the_treatment_regimens/?utm_source=share&utm_medium=ios_app&utm_name=ioscss&utm_content=1&utm_term=1

This exercise routine contains pelvic floor stretches and strengthening exercises. After a year of consistently following it, the person who wrote it has cured his hard flaccid.

2) If you are afraid that you have caused any damage to your penis, go to a urologist. However, in the experience of many of those who have hard flaccid, urologists usually don't find any injury to the penis. So permanent damage is unlikely.

3) Consider seeing a *pelvic floor* physical therapist. One of the more popular theories surrounding hard flaccid is that it is a result of a dysfunctional pelvic floor. A pelvic floor physical therapist will be able to assess the state of your pelvic floor, recommend you exercises to address any imbalances in your pelvic floor and show you how to perform those exercises correctly.

4) Avoid smoking, alcohol, and drug consumption.

5) Mobility work, especially swimming, has been stated by many to result in an improvement of the symptoms.

6) Avoid excessive sitting and laying. Get a standing desk if you have to do a lot of work on the computer.

7) Walk every day, ideally 10000 steps a day.

8) Diaphragmatic breathing has been said to help relieve the symptoms. Ideally, it should be done twice a day for 10-20 minutes at a time. For greater effect, diaphragmatic treatment should also be combined with stretches and strengthening exercises.

9) PDE-5 inhibitors like Cialis (Tadalafil) and Viagra (Sildenafil) can help with symptoms of erectile dysfunction. However, do not exceed the maximum daily dose (20 mg for Cialis, 100 mg for Viagra).

10) Alternatively, you can try taking L-Citrulline. It promotes blood flow, just like Cialis and Viagra. However, most have found it to be less effective than Cialis or Viagra when it comes to ED symptoms. However, L-Citrulline has the advantage of having fewer potential side effects and being available for purchase without a prescription.

11) Some have seen improvement in incorporating reverse kegels into their exercise routine. Similarly, some have benefited from regular kegels. However, please consult with a pelvic floor physical therapist first before committing to them, as the choice between the two depends on the state of your pelvic floor.

12) Avoid stress and anxious thoughts. It has been reported that high levels of stress and depressive thoughts result in a worsening of the symptoms. Therefore, techniques such as meditation or deep breathing should be considered when dealing with stress. However, avoid anti-depressants. Some have reported that their hard flaccid symptoms started after taking them.

13) Some people have reported improvements (or, in some cases, even a complete resolution of symptoms) from taking doxazosin or terazosin. Consider asking your urologist if you want to try it out.

14) Avoid or limit (once per week) porn consumption and masturbation. Do NOT have sex while in pain. There was a case of a person ending up with Long Flaccid after he had sex despite having pain in his penis. However, there have been reports that sex causes less flare-ups in symptoms compared to masturbation.

15) Proper imaging (MRI, x-ray, ct scan_ and comprehensive evaluation by a provider (blood work, physical).

16) If pelvic floor physical therapy is not working in more than 4-6 sessions, you may need further diagnostic tests via a specialist.

17) Consider going to a regular physical therapist / sports physical therapist / osteopath to address any imbalances within your body.

18) Avoid delaying your orgasm (edging). This is very harmful to the muscles of the pelvic floor, and a decent amount of people end up with hard flaccid because of it.

19) If you are having sex, avoid having it in positions where your partner is on top (e.g., cowgirl, reverse cowgirl). The reverse cowgirl position should be especially avoided as it is the position that is the most statistically likely to result in an injury to the penis.

20) Avoid taking Finasteride. Some people have reported that their hard flaccid symptoms started after taking it.

21) If you are experiencing symptoms of pain, taking Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) such as Ibuprofen may provide relief from pain.

22) Consult with a medical professional before taking any medication, especially if you are planning on taking it on a long-term basis.

22) There have been reports of medications like terazosin/doxazosin having the most effect on hard flaccid symptoms when taken in conjunction with Cialis (Tadalafil).

https://www.reddit.com/r/hardflaccidresearch/comments/177ghjv/how_i_healed/

https://www.reddit.com/r/hardflaccidresearch/comments/16s73sw/you_can_get_better_whats_worked_for_me_10_months/

From **PuzzleheadedFig9311** (on Reddit):

"I had it really, really bad and am close to cured now. Terrible, but my life wasn't destroyed.

I already had HF before trying PE, so I ended up damaging a nerve pretty quickly, resulting in painful hypersensitivity that lasted months. It took a while to find the right doctor, but I did the whole 9 yards (nerve blocks, muscle relaxers, pelvic physical therapy, Cialis).

I can only speak from my own experience, but my 2 biggest takeaways have been:

It's a full-body condition, not just your pelvic floor. Muscle imbalances can cause a chain reaction and cause tightness in other parts of your body. I tend to get very tight in my hip flexors and lower abs— this restricts blood flow to my pelvic floor and causes dysfunction with the nerves that control blood flow to the penis. That's the conclusion I've reached for myself after months of PT and learning my own body. It will definitely be different for each case.

You need to calm your nervous system. Seriously. Breathe. Meditate. Do yoga. Anxiety will make it worse. The [negative thoughts result] in an endless cycle.

Yes, PE is usually the catalyst for hard flaccid, but I really think it's a much bigger physiological picture. When you realize that and approach it from that angle, recovery is 100% possible."

"The lowest dose [of Cialis] (2.5mg, I believe) 2-3 times a week spread out. It does last a few days, and that's what works for me and where I'm at recovering. You can definitely take that dose every day if needed. As I mentioned— a big factor is the lack of blood flow to the pelvic floor, and the Cialis WILL get blood there whether you like it or not. It significantly reduces my HF, and if I'm having any other sort of muscle pains or cramps down there, it reduces that too."

https://www.reddit.com/r/HardFlaccidStudy/comments/14iwtue/hard_flaccid_algorithm_edited_will_come_back/

https://www.reddit.com/r/HardFlaccidStudy/comments/14o56rg/quick_links_table_of_contents/

https://cdn.discordapp.com/attachments/1169075356771307631/1169315179079671828/af_t_glukxebfb1.webp?ex=664c25df&is=664ad45f&hm=89b81a83172f3a11aa366812d8be4ce3b77190e78cb8da7ccbf96f5f20f20a00&

From **PuzzleheadedFig9311** (on Reddit):

"I had it really, really bad (along with a burning pain— likely from damaging the pudendal nerve) for over a year. I'm not 100% back to normal, but I'm almost out of the woods.

Do NOT go to a urologist. Some might be able to help, but in general, this is not on their radar. I had 2 urologists examine me with raging HF, and they both told me it was perfectly healthy. Even though I complained of pain as they handled it.

You want to find a pelvic pain clinic. They will probably be the most educated about HF and will actually know how to assess and treat your symptoms. They might prescribe pelvic floor physical therapy, maybe some medication to relax the muscles. It's worked wonders for me, and I wish someone had pointed me in that direction sooner."

augustusmanningcocke (on Reddit):

"110% on PNE. I had that due to a cycling injury (literally just using the stationary bikes at the gym for 10 miles a day and ended up with a hard flaccid, very weak erections, and urinary incontinence. Pelvic physical floor therapy literally saved my [...] life."

https://www.reddit.com/r/gettingbigger/comments/16u0wcs/car_accident_i_developed_hard_flaccid_before_even/

From **No-Student754** (on Reddit):

"Hey, I'm totally recovered!!! I've seen my osteopath and he told me my pelvis and lower back were a total mess... That my back structure was totally uneven between the two legs. He manipulated me and put back everything into place, never felt my body cracking so much lol After an hour or so my penis was totally flaccid again, and all the pain and symptoms I was experiencing are gone!!"

https://www.reddit.com/r/gettingbigger/comments/nsev9u/penis_injuries_and_treatments_from_a_doctors/

https://www.reddit.com/r/hardflaccidresearch/comments/1264dvn/99_cured_from_terazosin_and_cialis/?sort=new

https://www.reddit.com/r/hardflaccidresearch/comments/14jx605/finally_im_cured/

https://www.reddit.com/r/hardflaccidresearch/comments/y3l00e/message_from_someone_who_cured_his_hf/

https://www.reddit.com/r/hardflaccidresearch/comments/110ml5g/my_story_of_hard_flaccid/

From **Different-Pace8826** (on Reddit):

"I got [hard flaccid] from a huge amount of stress and some hard pumping. For me, the biggest relief was stress management, fixing pelvic tilt, reverse kegel."

"I focused on my pelvis placement. Also, strength train hip flexors. Try to tug the tail behind your legs. It should feel in your glutes."

https://www.reddit.com/r/Hard_Flaccid/comments/s18opt/experimental_hf_routine/

https://www.reddit.com/r/PelvicFloor/comments/162wq0b/the_link_between_pelvic_floor_dysfunction_hard/

<https://www.youtube.com/watch?v=CBWlrpLhTEo>

<https://www.youtube.com/watch?v=q45NOhq4n98&t=5s>

From **Paul England** (on BtCalvit's HF Server):

"Hard flaccid has gone using all the following:

1. 3 x chiropractor visits, release on all areas Back, neck, hips. Lower back was rock hard due to years of heavy weights, sitting at work.
2. 2 x Physio visits, deep tissue massage to loosen everything up and assessment, obvious anterior pelvic tilt and lateral pelvic tilt, hip high in right and right shoulder low.
3. Fix anterior pelvic tilt using <https://youtu.be/2NZMaI-HeNU> 3 x week 4. Fix lateral pelvic tilt using <https://posturedirect.com/lateral-pelvic-tilt/> for one month. Concentrate on the weak side, and carry on after doing both sides (3 x week).
5. Hamstring curls in gym and upper body weights with good form 3 x week.
6. When the hamstring and glutes are big and strong, do hamstring stretches with resistance every day for a couple of minutes.
7. Lots of walking with good form, sitting and standing properly not favouring one side, actually focus on leaning, sitting standing on the side you wouldn't normally."

<https://www.youtube.com/watch?v=2NZMaI-HeNU>

<https://posturedirect.com/lateral-pelvic-tilt/>

From **Porkchopsandwich** (on BtCalvit's HF Server):

"Suffered from textbook case of HF/CPPS for 2 years. I considered it CPPS as HF was just one of my symptoms. I had generalized pain in the region as well as the worst urgency. Felt like I had to pee for every second of every day for a year. Basically I followed Ben's routine as well as getting into the gym and training core and legs, as well as doing yoga at the gym. Cut our sugar and gluten. Started taking 20mg of amitriptyline daily as prescribed by my

doctor. All in all I am symptom free for nearly 8 months now. Just stick to the program and don't give up. Recovery is not linear you'll have ups and downs. Also work on the mental aspect. Avoid things that inflame the nervous system (for me, gluten and sugar) and eventually this will go away."

From **jackr** (on BTCalvit's HF Server):

"[Had sex] with my girlfriend three times this week, no cialis and yet full [erection] every time [...]. Libido getting better, [penis] still looking less veiny and hanging lower a lot of the time despite the occasional flare-up. Doing Ben's v3 and 2-3 hours of swimming every week. I've been using cialis for about five years to help with what I thought was post-SSRI sexual dysfunction and the performance anxiety that accompanied it (and more recently of course, HF). Been doing Ben's v2/v3 for 3ish months and lots of swimming. Was using 5mg cialis on an as needed basis, found it helped with getting and maintaining erections."

https://www.reddit.com/r/Hard_Flaccid_Syndrome/comments/o27zmf/instense_hfcppsed_routine_3rd_edition/

This is the routine jackr followed.

However, it must be noted that Ben (BTCalvit) now suggests doing the experimental version of his routine.

<https://www.caringmedical.com/prolotherapy-news/nsaids-chronic-pain-medications/amp/>

A user from BTCalvit's Discord server, **ImDatFishy**, has been seeing notable improvements in his hard flaccid symptoms (particularly those relating to erectile dysfunction) from doing a stretching and strengthening exercise routine in combination with kegels and pelvic floor physical therapy. However, it must be noted that he did his own modified version of kegels and he had a slight worsening of the symptoms from regular kegel holds.

Here's what ImDatFishy is currently doing in terms of treatment:

"Stretching + diaphragmatic breathing x2 a day, kegels, glute bridges, clamshells, leg raises, relaxed edging and mooks routine" NOTE: relaxed edging, and edging in general, is considered a controversial treatment because a decent amount of people report a worsening of their symptoms after edging.

Mook's routine refers to the exercise regiment that can be found at the top of this channel if you scroll up or check the pinned posts. It includes a variation of stretching and strengthening exercises.

https://www.reddit.com/r/HardFlaccidGroup/comments/ymzz2r/my_routine_got_stickied_in_the_treatment_regimens/?utm_source=share&utm_medium=ios_app&utm_name=ioscss&utm_content=1&utm_term=1

Here are some other things ImDatFishy is attributing to his progress:

"A good pt who showed me bad pf habits, quitting prone masturbation, glans stimulation from sex, and kegels to strengthen everything"

Here's how ImDatFishy does his own version of kegels (from my conversation with him):

[Me]: "What is the difference between that and kegel holds?"

[ImDatFishy]: "So initially my first kegel excercises were given to me approximately 2 months ago on top of a stretching routine I was given a stregthening routine consisting of glute bridges, clamshells and leg raises. If you kegel as youre glute bridging for example, you'll notice it's more difficult as opposed to laying flat. Per my pt, this is because it is emphasizing different parts of the pelvic floor. Regular kegel holds like I was doing, I would feel my ass contract a lot more than my [penis] coming inward. When I did my old routine I noticed i felt it more in front end."

[Me]: "Do you not hold the kegel while doing glute bridges?"

[ImDatFishy]: "You kegel through the glute bridge so kinda. You release at the top of the bridge."

[Me]: "So you start the kegel while laying on your back and then release it when you reach the top of the bridge?"

[ImDatFishy]: "That was how i used to do it, yes."

[Me]: "Did you do this with all the other excercises?"

[ImDatFishy]: "I did them with leg raises and clamshells. However, they were the most noticeable with glute bridges."

Some additional info about ImDatFishy's case:

He had hard flaccid for more than 2 years. He ended up with hard flaccid as a result of prone masturbating. His main symptom is ED. He has been doing his treatment regiment for a few months. In that time, he went from requiring maximum dose (100 mg) of Viagra/Sildenafil for sexual intercourse to being able to get regular erections without using any ED medication and being able to have sex up to 4 times a week (only once per day, though). However, if he has sex more than 4 times a week or more than once per day he gets flare ups but overall he has seen very good progress from his treatment regiment.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7271516/>

https://www.reddit.com/r/hardflaccidresearch/comments/14c47sr/updated_collection_of_cure_success_methods_and/

Here's an example of a person who had a chronic case of hard flaccid and has made a substantial recovery (**RedditUserNo1990** on Reddit) (in his own words) (edited)

(On what has helped him with hard flaccid):

"Exercise, movement, walking, good diet, relaxing, stretching daily, learning about my body and how it functions, feeling which muscles are firing and being aware helped me tremendously. I have sex when i want - whereas before i literally had no feeling.

It took me years of constant training and effort daily, but it's worth it."

"I can get harder than before [hard flaccid] and more full, but i still sometimes get the tightness feeling - it's about stretching and taking care of your body before that starts to happen."

(On what kinds of stretches he did):

"All of it. Entire body. I just stretched every day for about 2 years for about 45 mins. Then added strength training, then cardio. All while keeping my stretching - but now it's much less stretching needed."

"I function normally and get fuller more than i did before i had HF.

I do get the cramp feeling, and get HF from time to time but it doesn't affect my sex life anymore. I function normally. Also my ED is gone, and i gained feeling back."

"[Hard flaccid] has gotten better through years of stretching mobility training and strength training and physical therapy. Still have it but normal sex life now."

"Do the work it takes every day to get healthy. Do not expect results for a long, long time. Just keep your head down, and do the work daily.

Living with and getting completely rid of most symptoms means an entire lifestyle change for many.

It took me about 4 years or so of work to feel normal. After strength training, stretching, walking, getting healthy almost daily."

"Years of stretching working out, pelvic floor therapy, working on adductors walking eating right. It took me 4 years to unwind my body."

RedditUserNo1990 is an example of a severe and chronic case who has managed to achieve substantial improvement by adopting a holistic approach towards fixing the imbalances in his body through a combination of stretching, strengthening, cardio, walking and a healthy diet.

He also initially needed to use Cialis in order to engage in sexual intercourse but doesn't need it now.

From **RedditUserNo1990**:

"I'll admit i was not having sex as often when i had bad symptoms [of hard flaccid]. Now that it's better, i can go 2 rounds. Sometimes 3 in a day. Just need to make sure to stretch after."

One user on the Hard Flaccid Research subreddit (who has deleted their profile) has experienced improvements with the feeling of numbness in his penis after taking Terazosin and then Doxazosin and also abstaining from watching porn and masturbating for 40 days.

From **Euphoric_Industry_67** (on Reddit):

"Briefly: A routine to beat hard flaccid/cpps • ABSOLUTELY NO SEX/ [MASTURBATION] FOR 2 MONTHS. This part is one of the hardest [things to do], but it is soo important. This could make or break your recovery! When you abstain you reset your pelvic floor. •Drink a gallon of water everyday (MANDATORY), VITAMIN B12, L-Citrulline, Ibuprofen • Stretch at least twice daily! (cpps pelvic release stretches look it up). Foam roll body twice a week/ Trigger Point Release exercises for cpps (look it up). HEAT IS YOUR FRIEND! Heated seats, heat pads, heated blanket, etc.. Sit on heat/ apply to groin for 10min on 5min off. For at least an hour. • MINIMIZE processed/junk food, excessive sugar, excessive alcohol, fast food. Too much of these can cause flare up.

P.S. --SLEEP IS SOO IMPORTANT! Try to get 8hrs consistently or as close to it as possible! Lack of sleep causes flare ups. No heavy lifting, weights / furniture, etc. Movement patterns matter. Don't stay standing or sitting in a position for more than 15-20 minutes at a time. Posture is SOO IMPORTANT! An old / unbalanced pair of shoes can cause flare ups. Wear shoes that are laced properly / with arch support. I can't tell you how many times a bad ongoing flare up would be INSTANTLY resolved when I changed SHOES (USE inserts). Prayer & meditation (clearing your mind) REALLY HELPS. [...]

Staying consistent with this routine will accelerate your recovery! Not one single point will fix it alone, but when all efforts are combined [you will get results].

I dealt w/ hf & cpps for a couple of months it still lingers very slightly when I stray away from my routine but thank God I'm glad to say that as of month 4 I am 90-95% healed from my symptoms"

https://www.reddit.com/r/Hard_Flaccid/comments/xf83q/my_story_and_my_cure/

The Reddit post above is a case of a person who started experiencing symptoms of hard flaccid after jelqing and has made a significant recovery.

<https://thebiohacker.com/forums/threads/a-doctor-with-hard-flaccid-updates-and-advice.137291/>

https://web.archive.org/web/20220527035501/https://www.reddit.com/r/Hard_Flaccid/comments/uypfgo/my_10_years_experience_of_dealing_with_this/

A Reddit user named **TheMangoTrafficker** started having hard flaccid symptoms since March 2022 as a result of overmasturbating as well as kegeling during masturbation. The user did not get help for his symptom for 9 months following the injury. His symptoms were:

- Cold penis head
- Low sexual sensitivity

- Low libido
- Weak orgasms

All of the symptoms except low sexual sensitivity (which has improved substantially) went away following a combination of treatments:

- Pelvic floor therapy with manual therapy / internal work
- Cialis / Tadalafil (2.5 mg every other day)
- Stretching exercises
- Pelvic floor muscle strengthening in the form of kegels (under the supervision of a physical therapist)

Note: The user started strengthening exercises after 2 months of manual therapy / internal work

As for cases involving (very) radical treatments, on FrankTalk, a forum dedicated to men experiencing sexual dysfunctions, a user named **ViaSwiss** has resolved his hard flaccid symptoms through an implantation of a penile implant. However, it must be noted that, in addition to hard flaccid symptoms, ViaSwiss also experienced symptoms of Post Finasteride Syndrome and was diagnosed with Venous Leak. Here's how he describe his situation:

"I basically had all of the symptoms, I made minor improvements to them prior by doing different pelvic floor exercises. The ones that helped the most were bicycle kicks, hindu squats, and glute bridges, combined with alternating reverse kegels and regular kegels. Mindfulness and focuses relaxations of full body also helped. There seems to be a sympathetic system dominance that can sometimes go with HF.

Prior to that I tried lots of trigger point therapy and other exercises that were never able to help.

However, I still had issues with coldness, numbness, loss of mind to penis connection, contracted hard shriveled penis (which HF name comes from), strange veins, rubbery hollow feeling, changes in color, ED, pain at times although this was less of an issue. For me, standing up and especially going on walks helped with HF temporarily.

All those issues are now gone with an implant. I can't think of any HF symptom I have now."

A user from Reddit, **PuzzleheadedFig9311**, wrote:

"I've had [hard flaccid] several years, been actively treating it for most of this year, making lots of progress in the last 2 months or so.

Angle of attack? Honestly? All of them. I think some people overwork their pelvic floor doing PE and can reverse-kegel it away. But if you're in the boat where it lasts for months/years, I think it's a multi-faceted issue. You're stuck in a pattern that's causing it, treating one nerve or one body part won't fix it, you need to get yourself standing/moving properly. You need to get your body into a calm and neutral state.

I've been seeing the most improvement from doing some heavy duty work on my posture, on my own and with a good physical therapist once a week."

A user from Reddit, **Prettyhi4whtguy**, has experienced a resolution of his hard flaccid symptoms after having hip impingement surgery.

<https://www.magazine.medicaltourism.com/article/revolutionary-treatment-for-erectile-dysfunction-at-the-institute-for-advanced-reconstruction>

https://www.reddit.com/r/hardflaccidresearch/comments/18roiot/small_follow_up_to_my_ems_ella_hifem_treatment/?share_id=fpz-C8lKm9MbC-x8P6QT3&utm_content=1&utm_medium=ios_app&utm_name=ioscss&utm_source=share&utm_term=1

https://www.reddit.com/r/hardflaccidresearch/comments/1aeezkr/how_im_fixing_it/

https://www.reddit.com/r/hardflaccidresearch/comments/1af4afg/im_better/

A user from Reddit, **Different-Pace8826**, has healed from his hard flaccid symptoms through a combination of treatments consisting of reverse kegels, Cialis (taken together with Citrulline), Angion Method, perineum massage, warmth, pelvic floor/abductor stretches, sacrum and coccyx mobilisation, use of TENS/EMS, proper hydration and nutrition, and minimizing stress.

However, it must be noted that there have been mixed reports about the effectiveness of the Angion Method in the treatment of hard flaccid.

https://www.reddit.com/r/PelvicFloor/comments/1aelt13/pelvic_floor_dysfunction_pfd_hard_flaccid_hf_cured/

In case you are confused by the abbreviations in the post:

ED stands for "**every day**".

EOD stands for "**every other day**".

<https://www.reddit.com/r/FinasterideSyndrome/comments/1ahbli/better/>

A user on Reddit, **SunFlimsy2101**, experienced a resolution in his hard flaccid symptoms by reducing the frequency of his visits to the hard flaccid subreddits as well as reducing anxiety. His symptoms consisted of pain (including pinching pain), urgency to pee all day long, post-void dribble, delayed urination, and hard flaccid.

"Hf is nothing but a depression symptom, i had it and healed by removing anxiety so seek help from a psychologist and you will get better, you are holding way too much tension in your mind/body that has you in fight of flight mode 24:7 you are probably more alert than people in wars."

https://www.reddit.com/r/PelvicFloor/comments/192zlof/numb_penis_i_need_your_help/

An anonymous user (their account is deleted) on the Pelvic Floor subreddit described the methods that helped him achieve a 65-70 percent improvement in his hard flaccid symptoms:

"It might suck, but stop jacking off. Anything going on with the pelvic floor, and probably other things, are def[initely] impacted with sex / [masturbation]. And remember an orgasm is a bunch of muscle connections. So if for whatever reason your pelvic floor is [compromised at] the moment, having even more muscle spasms in that area will def[initely] only make matters worse.

Try and find a pain management doctor that works a lot with pelvic floor. They will probably then bring up stuff like urologists and maybe some therapists to talk to (this (hard flaccid) [can negatively affect] your mental state) and a pelvic floor therapist.

This is a weird and complex issue so you will need a lot of resources. CBD and THC help too. It helps with muscle relaxation, especially in the hard to reach areas.

And start looking up pelvic floor exercises on YouTube to start stretching and working those muscles. I got the biggest help from the pain MD and doing stretches every fucking day, even if it's like you're doing it forever. It will lessen over time.

I also got some tools on Amazon to help me work and release those muscles. It

will take time, but if you're patient, you'll see progress. But it can be [very] slow."

"A pain MD is a pain management doctor. Mine had a series of injections and dry needling to help. She had to get creative with this stuff but man it was encouraging so I could be creative and patient too with my progress.

CBD is a like a cousin to THC as they both come from the marijuana flower/plant/thing. Where I live CBD is legal.

For me, all those muscles were like a charlie horse. It messed me up bad and it took me forever to find the right words and phrases to get me to the resources I needed.

I had a ton of symptoms: pain in the pubic area, lower back pain, constipation, nausea, frequent urination, frequent burning sensation, literally couldn't sleep without something like unisom to help me sleep. Numb penis, penis withdrawing, penic cold, especially my foreskin. Pain in testicles. And couldn't get an erection to save my life. And if I did get so frustrated to be okay and try jacking off, all those symptoms were made like ten times worse.

I don't know much about the nerve stuff, but mine was a bit of everything. And now I'd say I'm like 65-70% better."

"Oh it's gone. I can't say when or how, but it did once I started to use like hot compresses on

my pubic and penis, like to warm it up and increase blood flow. I also would use hearing pads to sit on it put it over my pubic and penis area. I also avoided sitting if I could. I switched to lying down prone instead of sitting and got a standing desk for work. And soak in the tub with warm water too.

But you need to see a doctor to be sure it isn't something else and see if they can

help." His answer to being asked if he had made a full recovery from his penis being

numb:

"Yeah, I'd say so. I haven't felt that numb or cold sensation down there in a good while now. The whole penis was numb."

"It's always great to read success stories, I'm happy for you. Just so I understand, you're saying that loosening the muscles through dry needling, cbd/thc, and stretching were the keys to your recovery?"

Yeah, but not alone. I also have a therapist and psychiatrist to help with the major anxiety issues. The more my anxiety calmed down, the better my symptoms and easier to work with the stretching.

Muti layered approach. And I also don't sit as much. I stand more or lie down or chill on a yoga ball that also serves as stretching.

I can sit down a lot longer down or if I feel a flare up coming, I can work it down much much easier than before. Sometimes even just a warm bath takes care of it. Not perfect, but much better."

https://www.reddit.com/r/pornfree/comments/1bncuku/being_a_chronic_masturbator_and_porn_abuser_led/

A user named **Brusselas** on the p*rnfree subreddit developed hard flaccid as a result of excessive masturbation and has recovered from hard flaccid by abstaining from masturbation for an extended period of time.

https://www.reddit.com/r/HardFlaccidHelp/comments/1c1rskx/near_cure/

https://www.reddit.com/r/PelvicFloor/comments/1bp5dfs/is_seeing_a_chiropractor_worth_it/

A user named **BIGMCLARGEHUGE_** on the pelvic floor subreddit described his experience in recovering from hard flaccid. In his experience the services of a chiropractor were not effective at getting rid of the hard flaccid symptoms. However, he's experienced a significant improvement in his symptoms with other methods.

"My levator ani seemed to be so tight it was constricting the pudendal nerve which created a lot of my problems.

I also had anterior pelvic tilt and generally a TON of anxiety and

stress." "It may be a long journey it was for me.

The diaphragmatic breathing throughout the day as much as possible. When you're doing this you want your pelvic floor to expand in the front, abdomen expand, and imagine your levator ani loosening. You should be constantly doing this like every hour remind yourself to relax, let these muscles relax.

When using the bathroom, if you can find that your levator ani is aggravated on one side (for me its my right side) when you have a bowel movement try to focus on using the muscles on the opposite side more and try not to really push at all. Take your time, don't rush your bathroom time. You want those levator ani muscles on the tight side to relax for a long time.

You should be able to feel how tight those muscles are, mine at the worst felt like there was a guitar string or something in my glute, really close to my anus. When I was at my worst I couldn't hardly sit in a computer chair, and I would stay home all weekend laying down in pain with hard flaccid, other issues.

It's taken me about 4 years from my worse to be about 95% better and throughout that time period I would have days/weeks/months where you feel like you take two steps forward, one step back, one step forward, one step back etc.

I hope one day I can forget I ever had this, I spent a lot of money trying to fix it and the antibiotics I took from a doctor ruined my gut."

"Absolutely. The ED has also been physically and psychologically. I was with a very attractive girl before my current girlfriend about a year or so ago and I was having ED issues with her. It was very demoralizing.

At my very worst, sex hurt. It felt awful. The hard flaccid for me, it felt like a nerve that ran along one side of my penis was like inflamed and would burn or shock sometimes. It all went away.

I don't get erections as well as I used to before this PFD/CPPS happened, but my girlfriend mentioned to me last week that she thought I was "bigger" than I used to be which was pretty awesome. And the orgasms feel a lot closer to what they used to.

One thing I had with this problem, I really thought there must be something awful wrong but it just seemed like it was anxiety/stress/muscle tension making nerves irritated.

One last thing that you should absolutely do, take a magnesium supplement and a multivitamin. The magnesium supports muscle relaxation."

"Absolutely. It felt impossible to simultaneously relax the bulbospongiosus muscle (and any muscles in that area) while also relaxing the levator ani muscles and glutes but this is what you must do. I think it takes a long time to do this also, it just can't happen over night. It's about long term progress from getting from your worst back to normal.

Like I said earlier I really advise trying to relax and "push out" the offending muscles. It's like letting them breath, they should expand outwards like your lungs and ribs do."

"Haven't really gotten rid of it as much as I have loosened the tight muscles and it's slightly better. I could definitely put in more work to fixing it with exercises and stretches. The only thing I've really learned this PFD problem is improvement moves at the pace of a turtle. Gradual improvement over a long period of time."

https://www.reddit.com/r/hardflaccidresearch/comments/1c49byh/getting_rid_of_my_hard_flaccid_and_ed/

A user on Reddit, **opiumcxx**, has experienced a significant improvement in his hard flaccid and erectile dysfunction symptoms by doing physical and not reducing the amount of time reading the hard flaccid subreddits.

"I got hard flaccid during December. Didn't do anything different than I usually would but I was sitting a lot as I was in college and it was an important semester, I'm talking about sitting for hours constantly. I freaked out as soon as this happened and was researching on Reddit for hours daily.

Got a pelvic floor therapist who I saw once every week, I do think that she helped but I think my turning point was when I started going to an actual physical therapist who is a family friend. Didn't tell him all my details but did tell him I had a tight pelvic floor.

His first comment was "your trunk is probably very weak and it is making your pelvic floor tight as a result as it is overcompensating" for the last 3 months we've been working on trunk endurance with exercises such as single leg bridge, trunk rotation, db roundovers, and glute dominant squats every now and then.

For about the last month I can get hard whenever I want with little stimulation... literally [masturbated] multiple times in one day a couple days ago...

Still occasionally have the hard flaccid when I stand up but it's so rare now, penis is always soft when sitting/laying down and hangs more now.

I wanted to share this because through my experience I've realized that hard flaccid is really a muscular condition.. you need to see a PT and create a program that you can stay consistent with for at least a couple of months...

PS... I wanted to share my story but think I'll be deleting Reddit after this for good. Reddit took a big toll on my mental health as I was doom scrolling and thinking I was broken forever instead of realizing that my [penis] didn't just randomly break without me realizing [...].

Anyways, I'm not gonna say that all cases of this [...] are muscular but I'd say most are. Also, the ED aspect can be attributed to a lot of mental [issues], if you're trying to force yourself to get hard you probably won't.

But yeah this was my 2 cents, and felt like I needed to make a recovery post because I [felt awful] when I first encountered this community and never saw any positive stories."

<https://www.ehlers-danlos.com/wp-content/uploads/2017/05/hEDS-Dx-Criteria-checklist-1.pdf>

<https://www.facebook.com/watch/?v=348424556689283>

https://www.reddit.com/r/NoFap/comments/a64zbu/how_i_cured_my_hard_flaccid_after_8_years_100/

https://www.reddit.com/r/Hard_Flaccid/comments/t1o93l/how_i_fixed_hardlong_flaccid_in_2_months/?share_id=lauPIby7c3qH7ptcuua33&utm_content=2&utm_medium=ios_app&utm_name=ioscss&utm_source=share&utm_term=1

<https://raypeatforum.com/community/threads/finally-cured-from-post-finasteride-syndrome.33215/>

CasPer, a user from the HFS Science discord server, has experienced a substantial improvement in his hard flaccid symptoms after getting a L5-S1 surgery.

"I think im officially cured from [hard flaccid]. I cant even call it a hf (just 1 or bulging veins pop up) I have few other symptoms remaining. I hope that goes away with time. Doctor recommended I should do gym. Since the nerve is decompressed and I have nerve and muscle function now, its up to me only to cure myself properly, I had been very inactive for last 3 years. Will be working on that, I suppose."

"I had all full blown [hard flaccid] symptoms + pain"

The surgery was performed by **Dr. Sourabh Chanchan**.

https://www.reddit.com/r/hardflaccidresearch/comments/1ceua7e/has_anyone_here_recovered_from_glans_numbness/

A user from Reddit, **MedicalBarracuda581**, has recovered from penile numbness through a combination of pelvic floor physical therapy, deep breathing, pelvic floor relaxation, and lower body stretches.

Here's what they said:

"[...] [I] had pretty bad numbness, got evaluated [by a pelvic floor physical therapist], was given some stretches and exercises, and regained 99% erogenous sensation."

"I started to notice changes like 2 weeks in, which was pretty fast, but i also [started doing physical therapy] as soon as i noticed numbness developing. If you've dealt with it longer, [it] might take more time."

<https://www.reddit.com/r/hardflaccidresearch/s/lv40ECCcpt>

https://www.reddit.com/r/PelvicFloor/comments/9stsac/how_i_cured_hard_flaccid_full_guide/?share_id=kYtZ9RSqPIHW09MqwonMk&utm_content=2&utm_medium=ios_app&utm_name=ioscss&utm_source=share&utm_term=1

A few nights ago, I sat down and tried to calmly think this all through. If I had damaged myself with the pump wouldn't I have had pain, bruising, petechiae, oedema or at least some physical signs to support this (I never had any of those things)? If the urologists all say they can't find any physical problem then I should believe them - they were all specialists in andrology after all and experts in their field. If my USS doppler and MRI were reported as normal, I should also put faith in that. Therefore, I decided to focus on addressing pelvic floor and hard flaccid as the problem. Further credence for hard flaccid as my issue is the fact that I have mild spasticity and tightness in my lower limb muscles anyway due to what the neurologists think was a mild lumbar spinal cord ischaemia during an operation to fix a hole in my heart at the age of 1 (likely a clot embolised from the heart through the spinal artery). It is minor, but nevertheless I know I am predisposed to muscle spasms and tightness in my lower limbs.

I did lots of research on hard flaccid and was surprised how the description of onset, symptoms, triggers were all almost identical to my situation. I watched some videos regarding exercises to relax the pelvic floor and I started doing these about 4-5 days ago:

- cat-camel pose
- child's pose
- pose (don't know what it's called) lying on back with legs raised and apart, knees pulled toward chest and breathing down into pelvic floor
- did all the above with abdominal/diaphragmatic breathing several times a day and also tried to abdominal breathe whenever I could during the day
- did some soft massage of the tissues in my perineum where I felt soreness and tightness
- also tried to reduce my stress and got some diazepam for anxiety

I just wanted to write this to give some hope and reassurance to those suffering with similar problems. I know how lonely, desperate and worthless this can make you feel. It can make you feel less of a man and even start to lose who you are as a person. Suddenly the world seems a harsh place and things that made you feel safe and happy become grey. Clearly I'm not saying this will work for everyone, and of course (as with all things) there will be some who truly do have pathology within the penis that needs to be addressed (that isn't to say it can't be rectified); however, there may be many men like me with pelvic floor problems/hard flaccid precipitated by penis exercises, pumps, stretching or even just stress/anxiety who can truly turn things around with the right mental state and exercises. I hope this can help some people and provide some peace of mind - good luck to everyone and stay strong - you can definitely make improvements no matter your situation! There are always options and a light at the end of the tunnel

https://www.reddit.com/r/erectiledysfunction/comments/14nsseb/update_edhard_flaccid_getting_cured_by_fixing_my/

https://www.reddit.com/r/PelvicFloor/comments/oj5n77/success_story_20/?share_id=DeegvRP7cWWUqkFM9ZFc&utm_content=1&utm_medium=ios_app&utm_name=ioscss&utm_source=share&utm_term=1

https://www.reddit.com/r/Hard_Flaccid/comments/v016np/23_months_of_work_got_rid_of_my_hard_flaccid/?share_id=B33epDM6SLP-KaiF5L9FR&utm_content=2&utm_medium=ios_app&utm_name=ioscss&utm_source=share&utm_term=1

<https://www.pudendalhope.info/forum/viewtopic.php?t=6547>

https://www.reddit.com/r/PelvicFloor/comments/oqkdsk/after_a_year_of_suffering_from_hard_flaccid_i_am/?share_id=RsOLOXRUJwBGYh21nZSFX&utm_content=1&utm_medium=ios_app&utm_name=ioscss&utm_source=share&utm_term=1

https://www.reddit.com/r/gettingbigger/comments/19axhln/one_major_trick_that_helped_me_recover_from_hard/?share_id=p-ynC22YpXONlbnpbCNLg&utm_content=1&utm_medium=ios_app&utm_name=ioscss&utm_source=share&utm_term=1

https://www.reddit.com/r/HardFlaccidGroup/comments/y1v1cs/2_years_in_i_am_cured/?share_id=Uk8BD7zUpzswcKOWpZH4l&utm_content=1&utm_medium=ios_app&utm_name=ioscss&utm_source=share&utm_term=1

https://www.reddit.com/r/Hard_Flaccid/comments/kiw4qk/hf_cured/?share_id=jBMGfPu6QxdlgbTVES3Kv&utm_content=1&utm_medium=ios_app&utm_name=ioscss&utm_source=share

[e&utm_term=1](#)

https://www.reddit.com/r/Prostatitis/comments/riyep2/how_i_got_my_life_back_after_6_years_of_this/?share_id=VUam8nU7aeAkU_MwKa3V&utm_content=1&utm_medium=ios_app&utm_name=ioscss&utm_source=share&utm_term=1

- Method of Injury: Flexed BC muscles with too much force, caused injury to penis along with the onset of the hard flaccid condition

- Cured: 4/4/2011

- Official Medical Diagnosis: None, although I had a doppler ultrasound of the testicles which came back as normal. Doctors said everything was fine.

- Supplements: Supplementing was the key to my success. Every morning on an empty stomach I would take an amino-acid formula in pill form. Then a few hours later I would take the following:

50mg Zinc
120mg Ginkgo Biloba
500mg L-Lysine
2.5g Evening Primrose Oil
Vitamin B Complex
Omega-3 Fish Oil
250mg Magnesium
500mg Spurlina
5-HTP
Multivitamin
1500mg GABA
3000mg A-AKG powder (Nitric Oxide)
3oz Mangosteen
Hot Green Tea, brewed throughout the day

- Medications: At the beginning of injury I was prescribed Ibuprofen, which I took for two weeks.

- Surgeries: None

I am a body-builder and a student at one of the nation's top universities. I used both of these backgrounds to formulate the most probable cause for the condition: inflammation. I've done countless hours of research on supplements, on the muscles, on the nerves, on the neurotransmitters, on anxiety, on adrenaline. The thing I concluded was that the inflammation was constricting the arteries and perineum, causing my penis to be in a contracted state. I then dug further on what would cause the inflammation. Basically it was excessive cortisol from stress, anxiety from the condition, and excessive PGE2 with a lack of PGE1 and PGE3. The supplement regime is designed to promote blood flow and elasticity of the blood vessels, increase PGE1 and PGE3, reduce PGE2 and help with the anxiety and stress. I combined these supplements with a workout routine consisting of lifting weights and recumbent bicycling (important to promote blood flow to perineum and loosen the muscles) and stretching after, especially groin area. I also abstained completely until I was healed. It took me three weeks to see great results and by the fourth I was completely cured.

THINGS TO NOT DO:

1. Masturbate -

This is by far the worst possible thing you can do when you have this condition. Not only does it throw off your dopamine, epinephrine, cortisol and prolactin levels, it releases PGE2 which inflames the area and penis worsening the condition and leading to unnatural nocturnal emissions. I can't stress it enough to not

doctor
Recovering
searchforthecure
Technical
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Tagged

I've had hard flaccid before, from overdoing PE, but I use an infrared/red LED light therapy device. Nothing better, NOTHING, to help your junk heal from regular PE and from overdoing it.

That and MSM/Glucosamine, Black seed oil, Castor Oil ALL help restore health to tissue.

Hard flaccid is a complicated thing that can take on too many forms to oversimplify.

STRESS is VERY powerful on the body, we are talking increase of cortisol, this alone can block healing and any benefits from PE, To the depletion of nitric oxide that will limit blood flow to your unit. This along with OVERBREATHING and can deplete carbon dioxide and now you are hit with a 3 punch combo, NO anabolic hormones due to spiked cortisol, and no blood flow due to depleted Nitric oxide and carbon dioxide.

The fixes for these are meditation, relaxation, de-stressing.

Eat a diet rich in nitrates like beet juice, celery carrots.

Use Infrared light therapy to recover tissue health.

Heat your unit with a sock a few times a day but not doing PE.

Take supplements to lower cortisol and boost testosterone.

<https://thebiohacker.com/forums/threads/hard-flaccid-gone-back-to-normal.37216/>

<https://thebiohacker.com/forums/threads/recovered-hard-flaccid.90687/>

<https://thebiohacker.com/forums/threads/hard-flaccid-cpps-ed-recovery.93033/>

<https://forum.propeciahelp.com/t/member-almostcured-15-year-recovery-story/33787>

A user from BTCalvit's discord server, **mister robot 2**, has recovered from jelqing-induced (he used a penis stretching device) hard flaccid through a combination of the following:

- Addressing magnesium deficiency
- Embracing hard flaccid as a temporary thing and believing that he would be healed -
- Getting proper sleep and nutrition
- Not missing leg day
- Breathing deeply
- Doing strengthening exercises
- Taking supplements

The exercises included: ICM training, deadlifts (200 kg, 12 reps, using both sumo and classic techniques)

The user credits the deadlifts with lengthening and strengthening his core muscles, glutes, legs and psoas which in turn fixed his hard flaccid symptoms. (NOTE: Do not start with 200 kg deadlifts if you do not have prior experience with lifting or you may risk injury. Start small and gradually build up your strength until you can handle such weight.) He also worked on his posture with TVA exercises and the "prayer" exercise for the abs.

As for the supplements, he took the following (original spelling):

- GABA
- Magnesium
- Glycine
- Vitamin B Complex
- Chamomile and buckwheat tea before bedtime
- Tea with mint and melissa before bedtime
- Ashwagandha with a high content of vitanalooids
- RED FLY AGARIC
- ROYAL FLY AGARIC
- PANTHER FLY AGARIC (mister robot 2's note: learn what microdosing is) -
- Dopa Mucuna (levudupa)
- 5-HTP
- SAM-e
- St. John's wort
- SAFFRON EXTRACT
- N-ACETYL-L-TYROSINE
- CBD OIL
- Valerian root
- passionflower

He also credited engaging in sports activities with his recovery. Additionally, taking curcumin helped him with pelvic floor pain and doing the Wim Hoff breathing method under an ice shower helped him with symptoms of depression.

Here's what the user said about exercise:

"[Y]ou need to strengthen your muscles, and then engage in their mobility and stretching.

[I]n the gym, I do deadlifts, glute bridges, squats and exercises for all leg muscle groups, even on the calves, correct your posture

[S]trengthen your abs COMPLETELY, twisting alone is not enough, there are a lot of muscles there."

Therefore, mister robot 2 achieved a recovery in his hard flaccid symptoms through a multi-modal approach (strengthening exercise, taking supplements, living a healthy lifestyle, addressing depression/stress and magnesium deficiency).

A user from BTCalvit's server, **Swag Doge**, has made a full recovery from hard flaccid.

His symptoms were: hard flaccid, erectile dysfunction, constipation, discomfort in the pelvic groin area, pain, inability to sleep due to pain, urinary issues, coldness, sensitivity issues.

- He believes that his hard flaccid was caused by prolonged sitting, stomach sucking (forcing pressure down onto his pelvic floor), being subjected to sinus issues in the home he was living in, and being a chronic sex/masturbation addict.
- He had hard flaccid/hard flaccid symptoms for around 2 years.
- Before he fully recovered 5mg Cialis helped him achieve a solid pre-hard flaccid erection 95 percent of the time.
- He went to a physical therapist and was told that his core strength was nonexistent and that his body was utilizing his pelvic muscles to make up for this.
- Within the first week of doing physical therapy he felt immediate relief (most of it was core exercises).
- Tom Merrick's hip mobility video helped him a lot with hip pain and tightness.
- He believes that abstaining from masturbating and forcing erections was crucial for his recovery.
- He also considers diaphragmatic breathing a key part of his recovery.

The video in question:

<https://www.youtube.com/watch?v=jj2AAH6jbHk>

He said that:

"[...]My breathing was super shallow and almost impaired compared to deep belly breathing, bracing my lower abdominal muscles into the abdominal wall helped (pressing/clenching your lower abdominal muscles), and hip mobility."

"Quickly going over my daily routine:

My very first success was diaphragmatic breathing and bracing/pushing out my lower stomach and holding it. [T]he lower abdominal region diaphragmatic breathing relaxes and strengthens your pf supposedly. I did just that for 2 days and felt relief. I incorporated some of [BTCalvit]'s routine and other exercises from physical therapy and just reading I don't know the name of everything but [T]om [M]errick's hip mobility, glute bridges, [happy] baby stretch, squats, making a subconscious decision to belly breathe/diaphragm breathe all day, [...] crunches and crunch-like variants [...] but [...] without the bracing. [...] I had relief and [now] able to maintain erections. [I also did] clamshells. So usually I do Tom Merrick's hip mobility routine in the am and do abs[-focused exercises] before bed. Clamshells, glute bridges, crunches, and making a conscious effort to focus on loosening my glutes and not clenching. [R]eally focusing on maintaining the not clenching mindset.

I still have a few kinks to work out but as of right now libido is back, erections are back and [I am] able to have sex again. [F]or me [abstaining from masturbation is crucial right now]. [I] still think I'm in some sort of healing phase and I'm going to commit to [abstaining from sexual activity] for 3 months because when my [penis] started working again I went on a bender and had sex for a week straight and then I felt [very] sore in all the same places I was feeling discomfort and pain. I started trying kegels but [I don't know] if they're beneficial. [Maybe?]. [However], I only do like a set of 10 reps. [A]lso my background is probably more [chronic pelvic floor dysfunction] but I had many of the [tell-tale hard flaccid] symptoms: dead [penis] feeling, hollow small erections, no sensation, etc.

[...]

My generic advice would be to treat it like an injury. Don't aggravate the injury by masturbating. So many muscles spasm upon orgasm. Try heating pads and [using a] massage gun [lightly], deep diaphragm breathing, hold your deep breaths / expand your stomach. [D]on't compress or suck your stomach inwards, stretch and strengthen. [S]treching can increase blood flow thus increasing healing. [But], most of all, just keep going. [D]on't get depressed over this."

"I went from being in a relationship with a [functional penis] to gradually having [pelvic floor] issues and [a non-functioning penis] to [...] to now having a working [penis again]. [L]ife is ebb and flow."

"I started with Tom Merrick's hip routine. My hips were also clicky and causing discomfort. This itself probably had no effect, but I like to think [hard flaccid] isn't just one issue. One major changing point was one day I decided to push my stomach out all day. Like ballooning your stomach and expanded breathing all day. [Literally all] day. My back and abdominal muscles were screaming. Also focus on your waistline, pelvic floor, and abdominal muscles. Play around with the expanded breathing and explore what muscles are being used. I've discovered that my abdominal muscles are weak and I actually suck my stomach in unconsciously. Reversing this and diaphragm/deep breathing everyday has changed my libido and erections. I went from [having a] floppy [penis] to actually [being able to] have sex and [desiring] it. After that entire day of pushing out my stomach and diaphragm/expanded breathing... the next morning my morning wood was the hardest its been in years. Sensitivity was like 100%."

"My erections are 100% majority of the time. I don't have any muscular discomfort or spasming. My voiding is normal. No urgency or having to piss 8 times before bed. I haven't had to wake up in the middle of the night to piss in a while. The only lagging characteristic are my bowel movements. Still abnormal small bowel movements, but my sensitivity has returned for Bms and erection wise."

"I'd say what's helped is dropping masturbation down to once a week or two weeks. Combine this with core work outs and deep breathing (You have to think your pelvic floor and abdominal muscles really work together so if [there is no balance between the two] everything [will be out of order].) Focus on your core and pelvic floor muscles. What I propose is happening to us is we're abnormally clenching muscles in the PF causing weakness and tightness. Compression of nerves or vessels is probably happening as a byproduct of clenching or hypertrophy [...] (don't worry about [causing permanent damage to yourself]). [The] goal is [to] try to reverse this. What lead me to this idea is I'd clench my core for entire day while deep breathing and the next day I'd wake up with an titanium morning erection. Sensation would be back to normal. Libido would be insane. I figured I had altered my natural core muscles (BECAUSE I WAS SUCKING MY STOMACH IN ALL THE TIME). My pelvic floor no longer feels knotty. One early issue in my hard flaccid that also provoked it was the random onset of urinary urgency and holding it. I'd hold my p[ee] in for like 3 sensations to piss. This definitely [had a negative effect on my pelvic floor]. Holding bowel movements also [had a negative effect on my pelvic floor]. Some [guys] have altered voiding or BM patterns. I feel like kind of tackling those might help in the long run. Like stool softeners or fiber to address the altered status."

"Right now in the gym I do squats, bulgarian split squats, leg press, barbell glute bridges, leg curls and extensions. I split my leg days into two days. [...], don't forget the calf raises but while you're doing that MAKE SURE YOU'RE BRACING YOUR CORE throughout all of those exercises. I run about a mile each leg day as well / and doing 10 minutes of stairs."

A user from BTCalvit's Discord server, **pit 777**, has fully recovered from hard flaccid by doing Pilates.

- It took him 2 years to recover from hard flaccid by doing pilates (he recovered in 2023). His hard flaccid started in the summer of 2020.
- His symptoms were: hard flaccid, retracted penis, penis switching from a hard flaccid state to a long flaccid state, numb glans of the penis, penis feeling rubbery, retracted balls, constipation, back pain, cold hands and feet, neck pain, numb glutes.
- He believes that his hard flaccid happened due to many imbalances in the body wreaking havoc on the body, leading to a negative chain reaction.

Here's what pit 777 said:

"I beat this."

"I'm a certified classical Pilates trainer. I think this changed everything."

"What really helped me, the missing link, was foot corrector, toe corrector, and magic circle. All these are traditional pilates equipment [...]. Quite expensive, [to be honest], but for me [it was] totally worth it as [I] gained tremendous body-mind awareness through Pilates. My feet, toes, and ankles were so messed up. These tools help align toe to foot to shin to knee to hip and even higher up the chain if you work it enough. It's both strengthening and lengthening

at the same time. Every exercise has a specific order, not that it was designed that way for a reason. There's always a two-way stretch and strengthening in every exercise."

"Invest in a good traditional Pilates studio and do private classes if you have the money for it as it is expensive (90 per hour)."

"I'm stronger than ever super strong core and transverse abdominals. Pilates gave me symmetry day by day. Most importantly, Pilates taught me how to breathe. This is how you change tissue, actually. Breathing consciously through the exercises. I changed everything, not just my exercise routine. I became obsessed. [Good] sleeping habits are important, as well as neck strengthening. And don't forget the foot and toe corrector."

"In Pilates, you inhale and expand your ribs. Put your hands on them and try to push with your breath, then exhale; try to keep the length from the inhale but suck your navel through your spine at the same time."

"I don't take Cialis anymore and I'm better than I was taking it."

"With Pilates, I feel symmetry. Many people have commented on my posture lately. [...]. My spine feels new. There is no back pain. I can feel my glutes; a weird part in the upper hamstring and lower glute border is now awake. The toe corrector is improving my gait. I'm walking better and more balanced. The foot corrector is reshaping the arch. My body feels brand new, guys."

https://youtu.be/o26yBXHfwE8?si=tG3l_996hyhNFRly

<https://youtu.be/nBEmqiYZylw?si=zwYAP93aMxtXoslq>

"Ok guys, I decided to make a small post here. I'm cured, and what worked for me was classical pilates, aka contrology. I took a trainers course and am now a certified Matt trainer. The next goal is to finish the equipment studies involving the reformer, wunda chair, Cadillac, spine corrector, ladder/barrel, and electric chair. Look these up, and you may find them interesting! In my opinion pilates is the way to go. Everything else is pretty much a waste of time, especially [...] compensating for already messed up asymmetric bodies. My posture has never been better, and I re-learned how to breathe and walk. Zero back pain, I can feel my right glute, which was lazy. Last but not least, really work on your feet and toes. For me, it was a huge missing key. I purchased a foot corrector and a toe corrector. They are official classical pilates micro equipment, on the expensive side (foot corrector cost 230, toe corrector 110). I got them [...] and 4 months later, my gait is improved, my ankles are stronger and more mobile, my feet don't crack, and my foot arch is reshaped. My feet are never cold, even in the winter! With time, foot, knee, and hip alignment has improved significantly. I used to do BTCalvit's routine in the beginning, which is OK, but Pilates is essentially his routine on steroids. BTCalvit's routine is based on Pilates' fundamental basic exercises, to be honest, so do your research and don't blindly follow things like a script. Every body is unique but still changeable. You don't have to work hard rather work right. You got this, guys [...]. Peace out, and may the force be with you."

"I was doing BTCalvit's routine regularly (not needed, in my opinion) and stretching. However, Pilates was the game changer."

<https://youtu.be/SYdHwAlsxe8?si=O3x3Gfvq0DCIzpZx>

"Find a traditional pilates studio. Don't do online classes. You really need a teacher's feedback so you don't mess up the exercises."

"[All of my symptoms have disappeared]. Sensitivity came back big time, and I'm feeling hypersexual lately, which [is something] I really missed [...]. Even [masturbating] and watching porn don't [cause] flare [ups for me]."

"Just don't forget when times are hard, and you are in a flare-up; remember your dicks have no problem."

- During his recovery process, pit 777's penis fluctuated between a hard flaccid state and a long flaccid state on a regular basis.

"Guys, please, take your focus off of symptoms. I know it's hard, but everyone pretty much has the same symptom patterns. Once you focus all your energy on your recovery and not on your symptoms, you're half-way there."

"I would cut down on running with this condition."

<https://youtu.be/-5pP6joDbls?si=DrQ6M3Imq3HNCT3J>

https://youtu.be/Thjly0rt9j8?si=Klj_Bo4w54U63fBe

"Invest in some private classes. [They are] more expensive than group classes, but knowledge-wise, it's better as the focus is purely on you. Mix it up. Go to Matt classes but also reformer. I see you on the recovery road fast if you do this."

https://www.reddit.com/r/hardflaccidresearch/comments/1cvkafy/dont_over_complicate_this_stuff/?share_id=9AHhzjw6pbJW02bqCbJuA&utm_content=1&utm_medium=android_app&utm_name=androidcss&utm_source=share&utm_term=1

A user from BTCalvit's server, **jalbano112**, has fully recovered after dealing with hard flaccid for six years by doing Pilates.

Here's what he had to say:

"You guys really should try Pilates. It's what's worked for me in the past. I had hard flaccid with every symptom under the sun for 4 years, and that was the only thing that fixed me. I had my own routine for a while and then started Pilates, which is pretty much a full-body dysfunction training. Properly breathing and correcting muscle imbalances through simple exercises, deep core strength, glutes, etc., you'd be surprised how well it actually works and how simple the fix is. Don't get me wrong, Pilates is fucking hard at first, but if you do it with the correct form and listen to the cues the instructor gives, you will see great progress. Good luck, gentlemen."

"I'm all good now. The longest part was figuring out what the problem was and what worked because there was so little information. But that's what worked for me and I'm almost positive it will work for all you guys."

"Pilates isn't a specific routine. I would just do a 30-minute video about 5 times a week, and each video might have some different exercises in it, but they all improve the functionality of

the body. For everything to be gone, it took a few months for me. But you will slowly see improvements along the way, and that gives hope. At first, I cut out the weightlifting until I got my form right for these videos. After that, I started again but used the same breathing and core bracing techniques that I had learned through Pilates.”

“There are no specific vids because all Pilates is based on the same movements. So, most videos by different people will be pretty similar. I know I watched a lot by a lady on YouTube named “move with Nicole”. And they were [very] tough [...].

“Pilates is the answer. Do that 5-6 days a week and you’ll be chillin.”

“Trust me y’all, I’m 24 now and had this shit since I was 17. I’ve been in your positions. I get the struggle. My dick was cold and purple that whole fucking time, and it was the worst thing I’ve ever dealt with in my life. I had my own routine that only got me so far, but when I started Pilates, it was like a new beginning. Trust from someone who’s been through it. Stick to a routine, and don’t give up. There’s always a fix. I’m always happy to help since I know what everyone’s going through.”

“I did Pilates [...]. 20-30 minute videos, 5ish days a week.”

“I’ve been here since before btcaltvit. The chat has been deleted before and I’ve been left on my own. Turned to drugs, relapsed, fixed MYSELF with no help, and came out on top.”

“[...] [S]ensation [in my penis] is at 100 now. It was totally numb, like an alien attached to my body. [...] [I]t was numb even when I was hard.”

“I relied on Cialis, but [...] with this condition, it [didn’t] help [as it was] supposed to. It took me about 5 months to recover fully [a]nd every symptom reduced gradually over time. Nothing goes away right away.”

“[...] [T]he videos I did and still do are from a YouTube channel called “move with Nicole”. [S]he has really good cues for breathing and core stabilization. I feel like the deep core is the root issue here because almost NOBODY specifically trains it. It’s different than your visible abs. I had every symptom in the book, and I thought I’d never recover, but I finally figured it out through research and videos. It took a lot of time, but I’m glad to help anybody that needs it. And yes there was a LONG period where I didn’t know what I was doing and was just suffering but it took around 5 months to FULLY recover after I started doing Pilates.”

“For those asking for specific Pilates videos, just go to the channel I mentioned, “move with Nicole”, and try different ones. If you do the same video every time, your body gets used to it. Same [thing] with bodybuilding. You gotta switch it up. Try different videos.”

A user from BTCaltvit’s Discord server, **Christian**, has recovered from his hard flaccid symptoms through a combination of Trauma Release Exercises (TRE), kegels, and taking supplements.

Here’s what he had to say:

“Hey Guys - I havent posted in a while and wanted to give an update. After my last progress post, i had a relapse of symptoms that lasted a week or so, but i feel confident to say that for

the past month i have felt 95-100% cured of all [hard flaccid], numbness and ED symptoms.

[...] I suffered with anxiety, suicidality and everything in between as I dealt with this for 2 long years. I thought i would never be 100%. I was [extremely depressed] but now I'm [...] 100% cured. [Libido used to be non-existent but is now at 100%]. Managing my anxiety was [key to recovery]. [My penis] was totally numb. [I] could pinch my glans full force and [feel] no pain."

"[Y]ou can get back to 100%. [D]on't listen to the horror stories."

Here's the Trauma Release Exercise Christian did:

<https://www.youtube.com/watch?v=TG5UIFlrf-0>

"[T]his was the best thing i did for my [hard flaccid] and [erectile dysfunction]. I did it for months. I just followed the whole video every night, probably 5 times a week. [A]t the end, keep your knees closer together and just let them shake a ton, the rest of your body might shake a lot too."

He also took the following supplements every day after breakfast:

- Zinc (15mg)
- Copper (1mg)
- Taurine (2.5 g)
- Carnitine L-Propionyl (1g)
- Carnitine Tartrate (1g)

A user on the HFS Science server, **kxrsuperstar**, has experienced significant recovery in his symptoms and posted the following:

"Hi! My name is Keith. I'm a 46 year old father of 3 living in North Texas and I have almost fully recovered from PFD, CPPS, HF, PN (like 95%). Here's my story. I hope it brings you hope.

On October 24, 2021, on the way back from a 5 hour road trip, I immediately began feeling a deep, dull, achy rectal fullness. Within two hours I was unable to empty my bladder or pass bowels or gas. I felt like I was sitting on a golf ball, my urine stream was very weak and I had terrible urgency to use the restroom (both). Sitting was absolutely impossible. My pain was between 4-7/10, during all waking hours of the day. Initially thinking it was a prostate infection, my doc put me on a few rounds of antibiotics, even though my labs were normal. However, over the next several months, I began experiencing additional symptoms of pudendal neuralgia.

SYMPTOMS:

Urine:

- weak/split stream
- inability to fully empty bladder
- constant urgency (peeing 30x a day)

-ureter burning, post urination

-bladder pain

-post urine dribble

Bowel/rectum:

-thin stools (like a shoelace)

-incomplete evacuation

-constant fullness, even after emptying

-trapped gas

-fullness/swollen prostate

-coccyx pain/tightness

-terrible 10-10 sharp pain when straining to pass bowels

Penile/sexual:

-50% numbness of glans/shaft

-70% loss of erection quality

-hourglass shape/construction

-”detached” sensation

-buzzing/static sensation

-testicle ache

-sunken pubic prominence

-discolored glans

-80% loss of orgasm/pleasure/contraction

-sharp pain during ejaculation

-retrograde ejaculation (no semen)

-dull pain post-ejaculation

-post ejaculation dribble

-numb perineum

I was frankly at the point of wanting to end my life. I had been to several doctors, spent thousands on scans. I went to a pelvic floor PT, and that didn't help either (at least, not at the time). I tried all the pills, even pelvic floor injections. Nothing was helping.

WHAT HELPED:

In June of 2022, I finally saw a (regular) physical therapist. One who specialized in functional movement assessment and corrective exercise. He was able to determine that my sedentary lifestyle (I basically sat for work 8012 hours a day, and sat when I got home), weak core and weak glutes were causing musculoskeletal imbalances that were making my pelvis "freak out", and go completely hypertonic. It was this hypertonicity (being driven by core weakness and instability) compressing my pudendal nerve, and creating tension around my levator ani muscles, a-clocks canal and dorsal nerve, causing my symptoms.

Addressing these imbalances took a lot of time and patience. But through corrective exercises, proper core bracing, myofascial (deep tissue), internal work (rectal release, dilation), breathing exercises, understanding the autonomic nervous system and controlling its response (fight or flight vs rest and digest), and reverse kegels (pelvic expansion/relaxation techniques), I was able to begin recovery.

TIMELINE:

I began noticing a slight reduction in symptoms within the first few days, while doing corrective exercises only. After 6-8 weeks my worst symptoms (rectal fullness/penile pain) were cut in half. I seriously had my life back! Over the next 8 months I continued the program (albeit lazily) and before I knew it, I hadn't had any discomfort for days on end.

CURRENT STATE:

Sitting is still slightly inconvenient. Since I slacked off on therapy, whenever I sit for more than 2 hours, I'll get that rectal fullness sensation, which only lasts for a few hours, then dissipates. I'll occasionally get random shooting pains to my penis, and sometimes feel a little sore after sexual activity. Other than that, all my my functionality came back. No more numbness, ED, HD or any other symptom. I have to be careful not to strain when passing bowels. Feel free to ask me any questions in another channel here or via dm.

I feel like I was allowed to go through this to help others. This shit absolutely wrecked my life and anyone that the big guy upstairs sends my way, I'm helping."

Here's how he regulates his autonomous nervous system:

"Modified box breathing.

It's normal box breathing but with the following mod: Each step, regulate your breath for +1 to 2 seconds longer than the previous.

Example:

- 1.) in (regulate this step for 3 seconds)
- 2.) Hold at the top (for 5 seconds)
- 3.) Out (regulate this step for 7 seconds)
- 4.) Hold at the bottom (for 9 seconds). -return to normal breathing and/or repeat

Typical box rules apply, in breaths should be through nose only, diaphragmatic in nature, and you should be in a comfortable position, focusing on body relaxation. Out breaths should be through mouth, and regulated by pursed lips.

You should be able to verify it's working by heart rate. I'm able to slow my BPM down by 20+ during panic times."

A user from BTCalvit's Discord server, **takita**, has experienced relief in his penile pain symptoms from doing front and middle splits. He experiences pain at the base of the penis and inside the pubic bone and the exercises provide substantial relief from it.

"takita: Finally found something that works for me. I tried a lot of things and finally found that training for front and the middle split fixes the pain and a lot of symptoms for me. I had insane amounts of pain in my penis which goes away completely if I stretch my adductors and hip flexors.

What do you mean by front and middle splits? What stretches do you do for your abductors and hip flexors?

takita: For the hip flexors I do front splits as far as I can do and same for the adductors with the middle split.

How often do you do them?

takita: Daily.

How long?

takita: For middle split I do for 1 minute for 3-4 sets and for front I do 3 sets each leg for 35. I think that's way too much but my hip flexors and adductors are extremely tight so if I don't do all that I get a hella lot of pain in my dick for some reason.

Do you rest in between sets or do you just do all of them straight away with no rest?

takita: I take a little bit of rest. Like no particular amount. But yeah probably 30 sec to 1 minute.

How long did it take you to see improvements from splits? Was it an instantaneous improvement or was it more gradual?

takita: Basically instantaneous.”

https://www.reddit.com/r/hardflaccidresearch/comments/1dq7b5p/my_experience_after_two_yearsit_got_better/

https://www.reddit.com/r/hardflaccidresearch/comments/1ehgek3/how_hf_has_affected_my_life_a_positive_update/

https://www.reddit.com/r/hardflaccidresearch/comments/1ei7o06/things_have_improved/

https://www.reddit.com/r/hardflaccidresearch/comments/1hbyfzi/long_term_case_10yrs_ranging_from_mild_to_severe/

https://www.reddit.com/r/hardflaccidresearch/comments/1hcbdrv/my_hard_flaccid_cured_for_2_years_heres_how/

<https://www.reddit.com/r/hardflaccidresearch/comments/1gzjh9r/cured/>

https://www.reddit.com/r/hardflaccidresearch/comments/1gwzrh/i_quit_smoking/

https://www.reddit.com/r/hardflaccidresearch/comments/1go2l6g/got_hf_after_nearly_two_years_of_symptoms_and/

A user from BTCalvit's Discord server, **za (AKA zarlybouttabag)**, has recovered from his hard flaccid symptoms. This is what he had to say about his recovery process:

"I believe I got [hard flaccid] from poor posture and too many kegels. I used to do kegels multiple times throughout my day thinking it would help with strengthening [...]."

"[...] The hardness in my hard flaccid is mostly gone, due to diaphragmatic breathing, reverse kegels, and stretching. Consistent morning wood and am usually able to achieve an erection like 85% full. [...]."

"Well, what [I will] tell you is something that used to really piss me off hearing, but to my surprise it ended up helping so. so much, which is "forgetting" about it. The more stressed I was, [...] the more tense that whole area was. The more I managed my anxiety of the situation and the stress I dealt with daily, [the more] it started getting [...] better. I did not have a routine exactly, but I did a lot of things in combination with each other and over time it helped."

"What I did was my pelvic floor stretches, which [...] did help decently. I got the most results out of simply focusing on my stomach/belly breaths, managing my stress, and I did daily 5mg Cialis for a month. Once you do your belly breaths enough, you'll find that connection down there and it'll really help loosen everything up."

"I got [hard flaccid] in [October] 2022, pretty sure mine was caused by too much kegels and a very tight pelvic floor, but that's my assumption as I saw multiple urologist and plenty of other doctors who claimed they have never seen this before. This is just what worked for me [...], [...] take everything with a grain of salt as everyone's situation is different."

"[Jelqing is] what caused my [hard flaccid]."

"I got it October of [2022] and am recently cured, 99% at least. Not saying what worked for me would work for you. But I put a lot of focus on relaxing my pelvic floor and doing stomach breathing, those both helped me a lot. I also took [T]adalafil/[C]ialis 5mg every day for a month which helped relax down there too."

"The biggest thing for me was trying to forget I had it, if you can take your mind off of it while implementing everything else it should help significantly. I also had to learn to not push when using restroom, just relax body and let it do the rest. When you're having sex, try and relax [your] dick almost like you [want to] pee but obviously don't. I used to flex mine while [having sex] and I think that did some damage too. Overall, I had no routine exactly but implemented a lot of things in my daily routine and over time it helped a lot. This is just my case, though [...]."

"I was and still am an anxious person, [to be honest]. I've learned that stress plays a huge role in this condition, [because], again, our body is in fight or flight mode and any extra stress is only going to make things more tense. Meditation will help for sure, personally I smoke [cannabis] and that helped me relax but everyone will have something different."

"Whenever I'd take a deep stomach breath and try to somewhat reverse kegel with it, it would feel like that whole area was just opening. One thing that's important is making sure you don't tense back up when exhaling your breath. A few things that helped me learn to relax it was both stretching and breathing and finding a connection down there. Doing abdominal stretches also brought some nice relief for me. Holding a squat position brought relief when [hard flaccid] was newer for me. [...], the best way to put it is as a positive sensation. I say positive [because] with HF any feeling down there at all is usually negative, tense, painful, whatever applies to you, but all I knew was that it felt positive when I did those things so I kept doing it."

"Oh, and while erect, try doing your stomach breaths and reverse kegels/letting go like you have to pee but don't pee. I think this made a good impact too. Personally, I felt a better connection while erect, although if you can't achieve an erection I'd stick with what I said above. And can't lie I used a good amount of Tadalafil (Cialis) while trying to beat this and I think that helped too."

"I saw a very small difference pretty soon after starting my physical therapy in early 2023, but that kept getting better and better with time. It's not something that'll get better overnight, but rather with more time and consistency of the things that help in your case."

"I did my weight training 5-6x a week, training all muscle groups twice. I did two abdominal stretches, one where you are standing with your hands behind your head and extend, the other where you lay on your stomach and push up with your hands (squeeze your glutes). I almost forgot, but this made a big impact in my personal case, hip flexor stretches. You can look them up and do any of them, but I did the lunge variation."

"For strengthening, do planks and glute bridges, and I'd recommend weight training. Stretch before and after. So, you're basically wanting to loosen the tightness in abs and glutes while strengthening both."

"There was L-Citrulline in my pre workout which I took almost daily, I'm sure that made a positive difference. Even before I had hf, I'd take non stim pre workout with L citrulline instead of taking Cialis (Tadalafil) or anything and that got blood flowing almost the same way as Cialis."

"My Cialis (Tadalafil) protocol was 5mg every day for 30 days. But whenever I popped 10mg I took it every 3 days."

"[...] [A]re you pushing when [pooping]? Don't. Relax yourself and do your stomach breaths and all will come out smooth even if it takes a while at first. Pushing too hard in the restroom can prolong recovery. Also, the more you think about it the worse it'll be, [...]. I used to hate hearing that [...] but [Cialis (Tadalafil)] will help tremendously to forget about it. Now, keep in mind you should still work on releasing your pelvic floor while strengthening all the surrounding muscles."

"Also, something that helped me but which I don't recommend because everybody is going through a different struggle with [hard flaccid], but when erect you can masturbate but with light pressure and focus on releasing as if you're going to pee. 10-15 min would be good. What this will do is train your body not to flex and or be too tense when erect. A common thing with people with HF is they'd flex hard when masturbating or having sex, but this causes more harm than good as it will cause you to be tense every time."

"The only things I took was my pre workout daily (which contained L-citrulline) and after a few months I started Cialis (Tadalafil) 5mg [...] for a month which helped tremendously. I did have loss of erections and libido when I first got [hard flaccid] and for the first few months. It will return slowly with recovery, the Cialis helped with that too. [A]nd yeah, the constipation will get better with the stretches and relaxation, things are just too tight right now and your body doesn't know how to release [because hard flaccid] basically puts your pelvic floor in fight or flight mode."

"[...] [A]ll the stretches I did were given to me by my PT. I'd definitely recommend seeing one. [...] Also, reverse kegels are really good but [...] let a PT see you and make sure you're doing it correctly."

"For me, the stretches and diaphragm breathing made a huge difference, but I never stopped masturbation. I still did [it] every 2-3 days because my [hard flaccid] got worse if I went too long without it."

"You don't want to force anything at all with HF. I would try breathing with your belly when you have erections (to help everything loosen up while erect, I found this super beneficial for my recovery) and try to maintain that erection with as light of touch as possible and being sure not to flex it."

"Maintaining a clean diet and not smoking will help a lot. If you're active / play sports , I would also keep doing that as it will help with your overall blood flow. Just don't overdo it, always warm up and always stretch."

"I would recommend seeing a physical therapist. They will help give you certain stretches and exercises, while also making sure you're doing them correctly. Seeing one helped a lot with my recovery."

"Stretching [helps with numbness], overtime it'll allow the correct amount of blood flow back in that area."

"Once you get an erection, take deep stomach breaths and try to release like you're trying to pee but try to stay as relaxed as possible while staying erect."

"[I cured my hard flaccid by] strengthening abs and glutes. Stretching pelvic floor and hip flexors. Hip flexors were very tight and made a HUGE difference once I started stretching. Worked out on a normal basis. Ate cleaner than I was prior. [Engaged in masturbation] every 3 days to a week, made sure to not flex dick for the entirety. Doing belly breaths during that and also on a normal basis. I did Cialis 5mg everyday for a month which helped too."

"Glute bridges are [mandatory] for recovery. Abdominal and glute strength is everything. Good posture, stress and anxiety control, belly breathing."

"[...] [M]y healing [...] mainly consisted of Cialis (Tadalafil), [physical therapy], stretching and weight training, lots of abdominal work, and masturbating while [doing] reverse kegels and breathwork."

A user from Reddit, **Major-Work5419**, has recovered from hard flaccid. Here's what he had to say about his recovery:

"Had [hard flaccid] for 7 years. I remember when I first got it, the urologist told me I had Peyronie's disease, [but] after research [I realised] it was hard flaccid. Ab work, transverse abdominus work, and kegels healed me."

"[I did] crunches, planks, ab exercises, and also erect kegels and regular kegels. We are not tight, we are weak. I got this from trying to straighten my erect penis. My penis had a downward curve, nothing crazy. I did it out of [...] boredom [and then I] got hard flaccid. I started kegels 6 months ago and have added erect kegels with a wet towel and [I am] better than ever."

Link to a post containing his comments about recovering from hard flaccid (scroll down to find his comments):

https://www.reddit.com/r/hardflaccidresearch/comments/1go2l6g/got_hf_after_nearly_two_years_of_symptoms_and/

A user from Reddit, **VinceColeman1**, has achieved a near complete recovery from his hard flaccid symptoms after suffering from it for more than 8 years. Here's what he had to say about his recovery process:

"I used to have it really bad but I'm like 99% recovered."

"I could write a book about everything I've done over the last 5 years to recover... Everyone wants a magic bullet. One single thing to do or to take. But it takes a combination of many things."

"Strength training for the most part. Glutes, core, legs. I went on long, 5-mile hikes twice a week. Lots of stretching. And I mean incorporate it into your daily routine, every day, for years, for a minimum of 1 hour per day."

"Lots of internal trigger point therapy. Pelvic floor therapist started and taught me what to do. This has to also be done routinely. At least 2 or 3 times a week, for 15-30 minutes. I Learned how to properly breathe with my diaphragm. If done properly, with each inhale, you should be doing a reverse kegel, which stretches your diaphragm and opens up your pelvic floor. I did it so much for 2-3 years to where I was doing it without thinking about it. I relearned how to breathe."

"Learned how to properly walk, engaging my glutes with each step and keeping pelvic floor relaxed. I had to retrain my brain how to not reflexively clench pelvic floor. Literally had to retrain my brain how to walk and breathe properly again. I stopped sitting on my ass for hours and hours everyday. I cured myself of reoccurring chronic prostate infections. I stopped masturbating. Especially with edging involved."

"I started taking prescription digestive enzymes which helped with IBS and other digestive issues. I treated my depression and anxiety. I treated my sleep apnea. I used to clench my jaw and pelvic floor during sleep. This made a huge difference."

"[My hard flaccid happened from an initial injury caused by] using a penis pump and extender. I had it as bad as you can have it. Everyone just gives up and says it's permanent."

"This is how I got it: Combination of triggering factors. Contracted an STI which left my pelvic floor in knots due to the guarding and clenching action from the pain. (This is the main thing that started it all off). This was 20 years ago. Lifetime of improper posture. Excessive masturbation all throughout my youth. Especially with long edging sessions/orgasm denial. Lower back injury. (Caused a muscle imbalance in my pelvic floor) Sitting around too much. Usage of a penis pump in an attempt to correct a slight curve in the penis. (This is what really did me in). Extreme [hard flaccid] after this. This was about 8 years ago."

"And This is the work I put in over the last 8 years to get better. I'm pretty much cured unless something triggers a flareup. (Spicy foods, long sex sessions, UTI):"

“Stretches. Breathing techniques. (Learned how to do proper diaphragmatic breathing) (Stopped taking short breaths and stopped holding my breath without realizing it) Improved posture. (Anterior pelvic tilt and correct neck posture) Stopped cleaning my jaw/throat when stressed [NOTE: I presume the OP meant “clenching”].”

“Just became more aware of my pelvic floor muscles and not to clench them throughout the day. Sitting less throughout the day. Strengthening my glutes and legs and lower abs. [...]. Stopped taking any psych drugs. (Symptoms greatly improved after I stopped taking Wellbutrin). Internal trigger release therapy. (Pelvic Floor Physical Therapist was doing it at first but then taught me how).”

“Reverse kegels. Reverse kegels while erect. (This is basically done with each inhale if you are properly breathing using your diaphragm). Stopped edging when I masturbated or had sex. (This was huge. Edging will definitely prevent recovery). Eliminated bladder irritants from my diet. (Coffee, alcohol, spicy foods, dairy) I use certain supplements that are good for the bladder. Alpha blockers. (But that's only when I'm in a bad flare. Because you get rebound symptoms after stopping that make it even worse) But if you just want to relieve symptoms for the day, Alfuzosin works great and it doesn't cause retrograde ejaculation. Reduced stress levels. That's about it.”

https://www.reddit.com/r/hardflaccidresearch/comments/1g9t45p/90_cured_for_the_last_3weeks_after_10_months_of/

(note: you must have a Reddit account and turn on the option to see NSFW content in order to access the post.)
