

# TIPS FOR EJACULATION SUCCESS IN MEN WITH SCI

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I've been using PVS (Penile vibratory stimulation) to ejaculate for over 16 years. When using PVS as a spinal cord injury, brain injury, stroke patient, MS or any man, we need to understand the way we respond to vibratory stimulation. We can typically only have successful ejaculation using the Viberect X-3 or the Ferticare personal using PVS on a once or twice a week basis.

The reflex arch can become exhausted if we stimulate with high amplitude vibration more than 1-2 times every 7-10 days or for more than 3-5 minutes without resting between each attempt.

And when using PVS for the purpose of conceiving children or to collect sperm for future fertility I always recommend taking a full 10 days off from any vibratory stimulation to help insure a positive result the day your spouse is in ovulation, or the day the doctors are collecting your sperm.

Prior to using PVS you should always be in a relaxed state of mind. And in a physical position that triggers spasticity in your lower extremities. If you can't ambulate, and your using a wheelchair on a daily basis. The best position to have success is typically lying flat on your back, allowing the hip flexor to stretch to a flat position. If you have your spouse stimulate the hip flexor with massage while using PVS it can also help trigger the spasticity and help you become more reactive to PVS. You can also have your spouse flex the heel cord (Achilles tendon) while performing PVS to also help trigger spasticity.

If you are using any medications to reduce spasticity, it can directly interfere with your ability to have successful ejaculation as well. So whatever time of day your body is the least affected by these medication will always be the best time to perform PVS. In some cases the level of medication can be too high to get results at any time of the day or night. You should always consult with your doctor first, and if they clear you to reduce your dosage or skip a dose of your medication it can be the difference in having successful ejaculation. In clinical studies spasticity can be reduced or eliminated for 2 hours all the way up to 24 hours after each use. And this is why we need adequate rest between each attempt to ejaculate with PVS.

If you're still not having success, the surface you're lying on may be too soft. Try lying on a firm mattress, massage table, or even the floor. Or you can place something like a stiff foam wedge or anything under your gluteus Maximus (rear end) to stretch the hip flexor beyond 180 degrees to help make the body even more spastic.

PVS will work with a completely flaccid penis (soft penis) and can in some cases

work better flaccid than with an erection. After successful ejaculation we can have as much as 1 teaspoon of ejaculate that can remain inside the urethra canal. And with normal intercourse we can actually conceive a child. Or with vaginal or oral sex our spouse can trigger continued ejaculation.