

# The 4 Step Program

Exercises for the non-surgical correction of penile curvature.

## Chapter 1

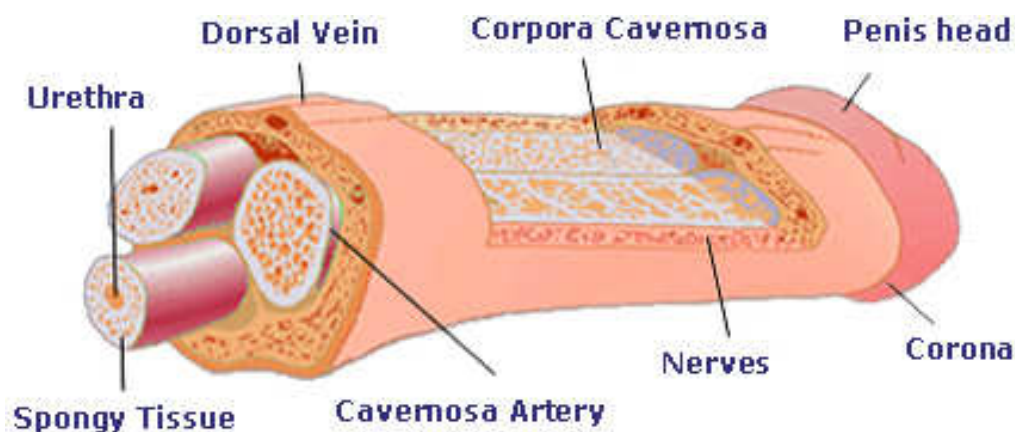
### Causes of penile bends

A penile bend can be due primarily to one of a number of causes.

A penile bend can develop during normal penile growth where one of the two chambers which run along both sides of the penis (the Corpora Cavernosa), which become engorged with blood to produce an erection, grow at different rates through puberty. If one of the chambers grows to be just 2-3mm larger than the other, a pronounced curve can develop.

As you can see in the diagram below, the two Corpora Cavernosa lie side by side within the penis and are covered by skin tissue and nerves. By massaging and stretching out one Corpora Cavernosa chamber (the shortest one), and by stretching out the connective tissues which cover it using targeted exercises, penile curvature can be corrected permanently.

In Africa there are tribes who use rings to stretch the wearer's neck to over double its normal length, ear rings which stretch the ears to meet the chest and in South America, some tribes stretch out the penis to extraordinary lengths. Bodily tissues have the ability to be stretched and massaged into shape and the penis is no different, it just takes targeted exercises and patience.



## Penile Adhesion

Many boys can also have a condition called a *Penile Adhesion* which is characterised by the foreskin being connected to the head of the penis at the point where the head of the penis joins the shaft, although adhesion can occur anywhere on the penis head. The skin may be fully or partially connected and make cleaning behind the foreskin very difficult, and sometimes, indeed, completely impossible.

Sometimes, minor surgery may be required to detach the skin from the penis head but, under certain circumstances, it is also possibly to detach the skin yourself using very gradual stretching exercises under medical supervision. I did this myself when I was around 8 years old, when I finally plucked up the courage to tell my mother that I was having problems. She, being a nurse, took a look, decided that I needed to see the doctor and promptly marched me off to his surgery.

The doctor advised me to gradually stretch and tear the foreskin away from the head of my penis, bathing it in warm salt water. It took around 1 month to do this fully as the skin was only connected around half of my penis head. I remember it being quite sore but not overly so and bleeding was minimal.

My foreskin was also very tight at birth and over the first years of my life I was encouraged to stretch my foreskin by gradually pulling it back over my glans as far as possible whilst sitting in the bath. By gradually increasing the draw back, I was able to stretch it from what was just a small hole through which I could just pee, to a fully functioning foreskin.

I clearly remember the day when, finally, my foreskin plopped back over the head of my penis... that was quite a surprise! I had no idea what was hidden beneath till that moment.

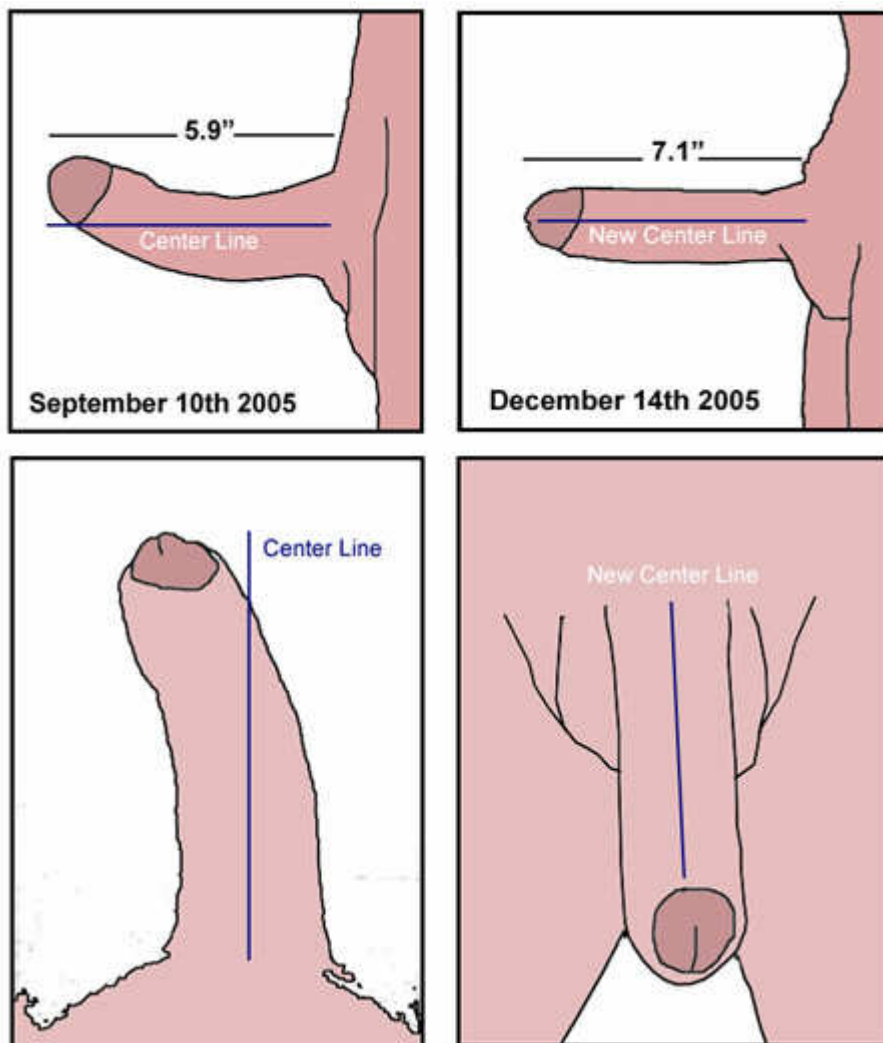
I then had to use Vaseline petroleum jelly to get it back over again so that I could continue stretching it. Eventually I would pull on each side of the foreskin to stretch it to a perfect fit.

In some cases, having Penile Adhesion can result in the penis developing a curve due to the tightness of the connected tissue on

one side. The tightness can cause one side of the penis to under-develop, causing it to bend. This can be a U or N bend, which causes the penis to bend up or down when viewed from the side; or maybe and more commonly, you may develop a bend to the left or right when viewed from above; you may also develop a combination bend, where the penis bends through two plains. Don't be concerned if you have a combination bend, it is just as simple to correct. I too had a left/upward bend.

Below are images which were traced from photographs of my penis before and after using these techniques. Unfortunately Clickbank and Paypal prevent me from publishing real photographs in this manual or on my website; incredible, but true!

You will see that in three months I was able to correct a fairly severe left/U curvature due to Hypospadias in childhood.



## **Can masturbation cause a penile bend?**

Many people believe that a bend can develop as a result of masturbating too vigorously or by using an unusual technique which massages one side of the penis more than the other causing the tissues in one side to become longer. The logic behind this theory is sound as men usually masturbate using the hand with which they write.

If a right handed man masturbates by placing his fingers below the penis and the thumb above, applying pressure with the thumb certainly produces uneven pressure on the top of the penis. If you study the movement of the thumb on each stroke and its affect on the shape of the penis, you will notice that it does produce a definite bowing of the penis in one constant and repeated direction. This can, over time, produce a bowing affect which could, over time, produce curvature. Like the native Africans who stretch their necks or labia, repeated pressure and stretching could manipulate these very soft tissues enough to cause a curvature.

Using a fist grip technique, as many men with larger penises do, produces more even distribution of pressure which would tend to result in a straighter penis. Over time, the shape of the penis can become radically changed. This 'full grip' technique can be used by men of all sizes with the help of a lubricant and by adjusting your grip, you can produce a masturbation stroke style which encourages the structure of the penis to be straightened.

Changing hands from the hand you would usually use to masturbate can also have the effect of correcting any changes made by masturbating with one hand.

## **Can tight clothing cause a penile bend?**

Some believe that wearing tight clothing can affect the shape of a penis. It has to be said that continuing restriction of the penis can result in it becoming difficult to retrain into a different position. Often, the testicles can push the penis into a high horizontal position when wearing tight underpants and over time, this can result in the penis having a natural tendency to lie in one direction. Even when the penis is put back into the underpants semi erect and forced to lie the opposite way, as it becomes flaccid, it normally falls back to its 'familiar' side.

The action of the underpants on the testicles can push them up to provide a cushion on which the penis lies, this can cause the penis to curve as it lies on top of the testicles; this can, over time, cause the penis to have a slight and usually central, bend.

## **Peyronie's Disease**

*Peyronie's disease* is a condition which has no single cause. The condition is characterised by the presence of a hard lump of plaque which develops on the penis in layers. These lumps of plaque can normally be felt under the skin against the body of the erectile tissue. Peyronie's disease can be the result of trauma to the structure of the penis whilst flaccid or erect, but often, causes are uncertain.

Peyronie's disease cases range from mild to severe and they may develop quickly or over many months or even years. Sufferers may experience pain, but many do not. Some cases become an advantage during love making as the penis stimulates the women's G spot or the prostate gland in men during homosexual lovemaking.

In many cases, the bend can cause both the sufferer and/or their partner pain and in some extreme cases may make lovemaking completely impossible.

Peyronie's disease may also result in a shortening of the penis if the plaque extend around the whole circumference of the penis.

It is thought that around 1% of men suffer from penile curvature and it is age indiscriminate. Whilst in the extreme cases, surgical procedures may be absolutely necessary.

Many people have curvature which is not due to Peyronie's disease and the exact cause is completely unknown.

If you have Peyronie's disease, these exercises will help you to correct the curvature naturally by massaging the curvature out and simultaneously softening the plaque tissue.

Whilst doing this program, additional massage to the plaque build up on the surface of the penis beneath the skin would be most advantageous in order to soften the scar tissue. This can be done using baby oil as a lubricant. Gently rub the lump of plaque with the

forefinger in long, smooth strokes. Be careful not to make the skin sore or to bruise the skin by rubbing too hard. You can do this as often as you wish, or get someone else to do it for you!

## Chapter 2

### What can be done to correct a penile bend?

Penile curvature can be mild or severe and depending on how the condition affects you, varying results can be achieved using some fairly simple corrective exercises and techniques. In addition, using corrective exercises can not only straighten the penis, but can also lengthen and thicken the penis; partly due to bringing the penis back in line, but mostly due to the affect of the exercises on the size of the spongy tissue which creates an erection.

If you have a penile bend which has not been caused by Peyronie's disease, this program will probably produce more radical changes; for those with Peyronie's disease, it may take longer to achieve the maximum changes possible and complete straightening may be impossible, however, positive and satisfying changes are very possible.

You may also experience the development of a harder penis and possibly more stable and longer lasting erections. It is also possible that you develop more 'staying power', meaning that you may be able to last longer during sex due to improved ejaculatory control.

It is important to understand that in order to achieve maximum benefits from this program, it is vital that both the warm up and core exercises are done correctly and that you pay careful attention to the following warning.

#### WARNING

You must not exert undue pressure on the penis. Whilst most injuries will disappear with rest, some injuries may require medical assistance. If you follow this program accurately, you should avoid any serious damage.

- You may experience swelling on the foreskin which should go down after a few hours.
- You may experience blotchiness or dark spots on the skin or head of the penis; these mean that you have used too much pressure; allow a day or two for them to disappear and

continue using less pressure.

- You may experience a little discomfort at first, however, correctly warming up and down should minimise this and within a day, this pain should subside.

**NEVER** do these exercises with a full erection. Always perform these exercises with a 60-70% erection and allow your erection to subside if you find yourself becoming harder whilst doing the exercises.

If you feel the urge to ejaculate during the exercises, please stop what you are doing for a few moments and return to the exercises after a few minutes have lapsed. Ejaculating during or after doing these exercises seems to inhibit the success of the exercises.

It is also best to avoid masturbation or penetrative sex for at least 12 hours after doing your exercises if possible. Sex will not undo any benefits long term, but may negate any changes that have been made in the preceding day or two.

**NEVER** do these exercises in the shower as the water is not an adequate lubricant and skin damage may occur.

## **Record Keeping**

Before commencing with these exercises take accurate records about the size and shape of your penis. It would be most useful to have some photographs of your erect penis in order to chart the success of this program over the next few weeks.

To accurately record the shape of your penis, take photographs from above, below and from each side. Be sure that the side photographs are taken from right angles to your penis and that your penis is fully erect.

To accurately measure the girth of your penis, use a metric, cloth (so that it can be easily wrapped around the penis), measuring tape so that fractions can be accurately assessed. Measure the girth of your penis by wrapping the tape measure around your penis to measure the shaft where it joins the head of your penis. Make a note of the exact measurement against today's date.



To measure the length of your penis, place the end of the measuring tape at the side of your erect penis pushing it against your pubic bone. Don't worry if you have a layer of fat covering your pubic bone; simply push it until it feels comfortable. Read off the measurement at the tip of your penis. Again, chart this measurement against today's date. If you wish, you may also make a record of your flaccid length.

**DON'T CHEAT!** If you add a few millimetres here or there, you are only cheating yourself, so try to be realistic. Straightening your penis alone will make it appear much longer even if the growth is only a few millimetres; so any lengthening due to these exercises will be very noticeable. My penis grew over 1 inch in length... quite a noticeable difference; even sports friends noticed it in the shower room and my wife couldn't believe it!

At this point, some people are pleasantly surprised to find that their penis is larger than they thought - which is always a bonus. These measuring techniques are universally recognised as the most accurate measurement of penis length, however, do not get caught up in this 'penis envy' trap, all we need to do here is accurately chart any changes in YOU, not make a comparison between you and others. Ultimately, all we need to do is work on the shape of your penis and any benefits in growth will be a bonus.

Your penis will probably become harder and may appear to have more pronounced veins after doing these exercises; this is normal. There may also be pronounced growth in length and girth after doing these exercises. Most of this is temporary swelling but, over time, some of this will become permanent as the tissues within the penis are stretched.

## Chapter 3

Now to the exercises;

Before doing these exercises, take a hand towel or flannel soaked in warm water (as warm as possible without causing pain) and wrap the penis in it for 2 minutes. If it goes cold, reapply with fresh water. After 2 minutes, dry the penis thoroughly

These exercises will not only, help to reshape the Corpora Cavernosa but to also change the shape of the tunica albuginea, the sheath of tissue which covers the Corpora Cavernosa.

These exercises can be done together in one session or spread throughout the day.

It is advisable to do these exercises on 5 consecutive days and take two days break. Most of the changes happen after the exercises are completed as the tissues rest and repair, so recovery time is vital to a successful program outcome.

## Exercise 1 - Dry stretch

This exercise helps to warm up the penis and to prepare it for the next exercises but also stretches out the tissues within the penis; this may also result in some lengthening and thickening of the penis. Do not use lubricant for this first exercise.

1. Without using lubrication, grasp the penis at the junction of the penis shaft and head firmly between the finger and thumb with the palm of your hand facing downwards as if you are holding a tennis racket handle. Adjust the grip so that you are touching the skin all around your penis and have a firm enough grip to perform this exercise without losing grip.
2. Stand with your feet shoulder width apart. Now pull the penis directly out from your body at 90 degrees. Stretch to the maximum avoiding any discomfort. Hold for a count of ten (seconds) and then release the pressure whilst still maintaining a firm grip.
3. Now repeat the extension, but, this time, pull to the right side so that your hand is against your hip. Hold for ten seconds.
4. Repeat the same extension pulling up towards your stomach.
5. Then repeat pulling to the left.
6. Finally repeat pulling downwards.
7. You have now completed 1 cycle. Now repeat this 5 step cycle again. Do 20 repetitions.

After 1 week increase repetitions to 30

After 2 weeks increase repetitions to 40

Thereafter do 40 repetitions

8. Once you have completed the 20 repetitions, release the penis and wiggle it for 10 seconds to allow blood flow to return to normal.

## Exercise 2 – The Palm roll

This exercise not only pulls blood into the penis, but also slowly pulls against the curvature of your penis in order to elongate the shorter side of the curve and naturally straighten the penis.

Before commencing this exercise, first of all examine the shape of your penis to ascertain exactly which way your penis curves and at what point along the penis shaft the curve starts.

Just to clarify the types of curvature, here is a run down of the various types.



'U' bend

A 'U' bend is seen from the side as an upward bend.



'N' bend

An 'N' bend is seen from the side as a downward bend.



Left bend

A left bend is seen from above bending to the left.



Right bend

A right bend is seen from above as a bend to the right.

Some people have a combination curvature, in other words, they may have a 'left N bend', which is when the penis bends to the left but also downwards; or a 'right U bend' which is when the penis curves right and upwards.

It is vital to now assess accurately in which direction your penis bends.

IF your penis bends to the left, you need to use your right hand for this exercise. IF your penis bends to the right, you need to use your left hand.

Your grip for an upward U curve should always have your palm facing down.

Your grip for a downward N curve should always have your palm facing upwards.

It is the pressure of the thumb through the shaft of the penis and onto the fingers which produces the straightening affect.

Once you have assessed which hand you should be using and which way up your palm should be facing, practice the position before applying any lubricant.

### **Finding your sweet spot**

Once you have the position of your hand perfected, without applying too much pressure, move your hand up and down the full length of the SHAFT of your penis, stopping as your thumb reaches the head of your penis... as if masturbating. The object is to massage the bend out of your penis by using rhythmic stretching against the curvature in order to stretch and elongate the short tissues on the inside edge of the curve.

As you do this slowly, you will see how the pressure of your thumb against the penis pushes the penis into your four fingers and palm. By practicing the best position and changing the pressure you exert as you circle the penis with your thumb and forefinger, you will be able to observe how the penis becomes straighter at one particular point during this movement. This is your 'sweet spot'.

Adjusting position and pressure, you will be able to quickly assess where the sweet spot is, how much correction is needed and what is comfortable for you. The grip you place around your penis shaft can also be used to pull blood through the spongy tissues in the centre of your penis which will assist the curvature correction, but may also increase the volume of these erectile tissues to produce a longer, thicker or firmer erection.

The more you can 'bend' the penis during these exercises, the more the shortened connective tissue will stretch to straighten your penis.

If you decide to apply more pressure in order to maximise benefits, remember that as you return the stroke towards the body, you must slightly release the pressure of the grip to allow movement of fresh blood into the tip of your penis before pressurising it again as you

move your hand towards the tip using a tight grip. As you progress with your exercises, you will soon be able to assess the correct amount of pressure and also tailor the movements to suit your curvature and penis size.

It is up to you to decide how you wish to proceed and how much pressure is comfortable to you. Applying too little pressure will produce less visible and slower results but applying too much can injure the penis.

It is advisable to apply pressure initially until you feel uncomfortable and slowly release until you are comfortable, then use this position to continue. Always maintain the same pressure throughout the exercise.

### **The Warm Up**

OK, so now you have your hand position perfected, you must first warm the penis with a warm water soaked hand towel or flannel for 2 minutes, dry off and apply lubrication.

Do not apply so much lubrication that your hand slips straight of the end of your penis. The best lubricants to use are a combination of petroleum jelly and baby oil.

Apply the petroleum jelly to your penis shaft and head, making sure that the inside of your foreskin, (if you have one), is also well lubricated so that it can move freely against the penis head without creating friction; if you have larger or dry hands, use more lubricant.

Once you have applied an even layer of petroleum jelly, squeeze some baby oil into the palm of the hand you are using to do the exercise; use just enough to cover your fingers, thumb and palm; you can always apply more during the exercise if required.

It can be most helpful to do this exercise in front of a mirror so that you can easily see how your grip is straightening your penis.

Don't think that you will see immediate and permanent results. At the end of this exercise session, you may well observe straightening of your penis, however, generally this is not permanent and although your penis will become straighter with every exercise session, the temporary affect will be an embellishment of the permanent changes. 'Little and often' is the key here... if the penis

is only straightened by ½ degree each week, in week 4 it will be straighter by 2 degrees. So, in two months, your erect penis could be straight, harder, fatter and longer!

So, let's get started.

1. Stand with your feet rooted firmly at shoulder width apart and grip your penis as instructed.
2. Slide your grip towards your body, increase pressure and slide your grip towards the head of the penis noticing where your 'sweet spot' is. As you reach your sweet spot, twist your wrist to maximise the opposing bend, straightening out the curve and bending past straight in order to stretch out the short connective tissues on the inside of your curvature.
3. As you reach the end of the stroke, hold the penis bent for 2 seconds, loosen your grip and return to the start position.

This was 1 exercise repetition.

Do 100 repetitions in week 1

After week 1 increase to 150 repetitions

After week 2 increase to 200 repetitions

Thereafter continue at 200 repetitions per day

When you have completed this exercise, shake out the penis for 1 minute.



### **Exercise 3 - Upward pull and bend.**

This exercise is very simple to do. The aim is to pull the penis upwards towards your chest whilst gently bending the penis around your thumb to oppose the curvature, in other words, to stretch out the tighter tissues on the outside of the curve in order to straighten the penis.

Use the remaining lubrication from exercise 2 or replace a little if it has dried away.

Pull the penis upwards with your thumb placed in the long side of the curve. Use your fingers to bend the penis over against the curve and hold that position for 3-4 seconds. It is possible to bend the penis completely around the thumb, almost folding it over. Be mindful of where your thumb is sitting along the curve; it is vital that the thumb is positioned on the apex of the curve for maximum results.

This is one repetition.

Repeat this 50 times in week 1

Repeat this 100 times in week 2

Thereafter repeat 100 times in each session

## **Exercise 4 – Side pull and hold**

The object of this exercise is to pull, stretch and bend the penis laterally sideways onto your hip in the opposite direction to your sideways curve. If you do not have a sideways curve, do not do this exercise. Instead repeat exercise 1.

Remove any excess lubricant with a towel before doing this exercise.

This exercise is very simple. Grab your penis firmly with your thumb in the long edge of your curve, bending the penis around your thumb as you stretch the penis, pulling it in the opposite direction to your curve; in other words, if you have a left curve stretch to the right. Hold the stretch and simultaneous thumb bend for a count of ten (seconds), then release, shake the penis and repeat.

Repeat 50 times in week 1  
Thereafter repeat 100 times per session.

## **AFTER CARE**

Having completed your exercise session, it would be advisable to put on a pair of briefs which hold the penis and testicles tightly. Place the penis in the opposite direction to your curvature. It may be that your penis moves back to its normal position after some time; if this happens, massage your penis to semi erection and move it back into position.

If you struggle to keep your penis in this direction, you can create a small loop in a length of elastic which holds the penis firmly around the head, attaching the other end to the side of your underwear. This should hold it in position whilst the penile tissues repair and stretch. DO NOT place the penis under a constant stretch, this is not a stretching exercise, it is designed to counter the natural curve whilst the tissues adjust.

It is advisable to avoid showering till the next morning and avoid sex or masturbation for 12 hours if possible.

## **Conclusion**

Only by following this exercise regime accurately and by doing the exercises correctly, warming up as instructed and allowing yourself

the rest periods between exercises in which the tissues heal into their new positions, will you reap the benefits.

This programme may be similar to others you have tried before, but, be assured that this combination of simple exercises can produce excellent results.

I wish you all the best with the program and hope that it produces in you the changes that I experienced.

The enzyme Neprinol has been shown to reduce the scar tissue produced by Peyronie's disease. A few of my clients have benefited from using the enzyme whilst doing my program.

Click on the 'Approved' logo at the bottom of this page to read more information on how Neprinol can help to correct Peyronie's disease.



The beneficial effect of using NEPRINOL®, which contains an exceptionally concentrated dose of nattokinase and serrapeptase along with synergistic compounds, is that it promptly begins to break down the abnormal PD fibrous scar tissue caused by Peyronie's Disease, and allows it to be gently removed from the body as any other cellular debris.

Other, added benefits of NEPRINOL® to the PD sufferer is that it also reduces inflammation around the scar region, improves local and systemic circulation, and improves the ability of the immune system to heal the scar area.

**APPROVED**