

A man is lying on his back on a blue mat on a carpeted floor. He is wearing a dark t-shirt with a white circular logo on the chest and light-colored shorts. His legs are bent at the knees, and his feet are flat on the floor. His hands are resting on his hips. The image is overlaid with text.

HOW TO DO PELVIC FLOOR EXERCISES

FOR ED

Pelvic Floor Exercises For Erectile Dysfunction

Ensheng Dong

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