

PENILE TRACTION THERAPY

Penile curvature due to scarring of the sheath surrounding the penis is called Peyronies disease. Initially patients will often notice a tender nodule scar tissue along the shaft of the penis. Scar tissue causes contraction as it heals and this can lead to a bend of the erect penis. After several months the nodule becomes less tender however the bend usually remains. Peyronies disease can lead to difficulties with intercourse if the bend is quite pronounced, hinging of the penis at the bend, impaired erections and shortening of the penis.

Peyronies disease is usually 'idiopathic' – which means that you have no underlying condition or risk factor for getting it. It is known to be more common in men who have received treatment for prostate cancer (surgery or radiotherapy), diabetic men, men with a history of penile trauma (such as a sudden painful bend during sex) and men with Duputrens contracture which is a similar condition affecting the hands leading to contraction and flexion of the little and ring fingers.

Penile traction therapy utilises the principle of tissue stretching to lengthen contracted scar tissue.

How traction devices work



The penis wears the device and supplies a steady traction



As it's extended, one side will feel more tension



Cell duplication will allow the shorter side of the penis to catch up



The penis will continue to straighten and extend in one direction

In a study undertaken by Gontero et al.2009. It was reported that after participants wore the device for a minimum of 5 hours per day up to a maximum of nine hours, that penile curvature decreased from a mean of 31 degrees to 27 degrees and there was significant reported improvement in the mean flaccid and stretched penile lengths of 1.3 and 0.8cm respectively. After the trial stopped no further change in curvature was noted in the following six months after the device was not used.

Therefore there appear to be potential benefits from stretching or expanding the scarring due to Peyronies, by the application of a traction (stretching) device for at least 2-3 hours per day increasing slowly as tolerated up to 5-8 hours daily for at least 6 months with increased improvements if used in conjunction with intra-lesional injections.

Additional Reading

- www.mypeyronies.com - Personal experience story and review of penile tension devices, information on peyronies, treatment options and more...
- <http://www.ncbi.nlm.nih.gov/pmc/articles/pmc3221554/> - Rev Urol. 2011; 13(3): 139–146. Peyronie’s Disease: Nonsurgical Therapy Options - [Franklin E Kuehhas, MD](#), [Peter Weibl, MD](#), [Tosev Georgi, MD](#), [Nenad Djakovic, MD](#) and [Ralf Herwig, MD](#)
- [Gontero P, Di Marco M., Guibilei G., Bartoletti R., Pappagallo G., Tizzani A., et al. \(2009\) Use of penile extender device in the treatment of penile curvature as a result of peyronies disease. Results of a phase II prospective study. J Sex Med 6: 558-566 \(Pubmed\)](#)
- <http://www.extendershop.com.au/x4-labs.html> - This is the model which we have in the clinic at present if you wish to view it online – There is a peyronies edition in this range.