

# Efficacy of the daily penis-stretching technique to elongate the "Small penis"



**EFFICACY OF THE PENIS-STRETCHING TECHNIQUE TO ELONGATE THE "SMALL PENIS"**

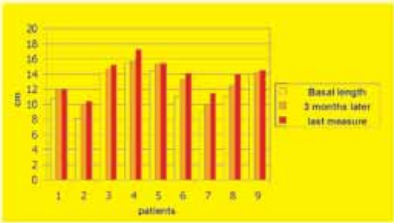
Colpi G.M., Martini P., Scropo F.I., Mancini M., Castiglioni F.  
Andrology Service, San Paolo Hospital – University of Milan, Milan, Italy

**OBJECTIVES:**  
The main surgical ask for penis elongation comes from men having a penis length within the standard limits but not considered satisfactory by the subject ("small penis").  
The aim of this study was to verify the efficacy of the penis-stretching physiotherapy for penis elongation.

**DESIGN and METHODS:**  
Nine healthy men suffering from "small penis" were enrolled (range age: 26-43 years).  
The initial stretched penis mean length was 12.0 cm (range 8.1-15.4).  
The external "Penistretcher" device was prescribed for at least 6 hours per day, for at least 4 months.



**RESULTS:**  
In all subjects the elongation of penis was proportional to the device time of use.  
After 4 months the mean stretched penis length resulted: +1.8 cm (range +0.5/+3.1 cm).  
The daily average use was 6 1/2 hours (range 3-9 hours).  
No adverse side effects occurred.



**BEST RESULTS:**  
a higher increase, ranged between 2.4 and 3.1 cm, was achieved after a longer device application (7 1/2 - 9 hours per day) [pts 6,7,8]

**CONCLUSIONS:**  
Our data show the efficacy of the penis-stretching physiotherapy in the "small penis" treatment.

5th Congress of the European Society for Sexual and Impotence Research (ESSIR).  
Hamburg, Germany. December 1-4, 2002.

Scientific study published in the International Journal of Impotence Research (volume 14, suppl. 4, Dic-2002).

Colpi G.M., Martini P., Scropo F.I., Mancini M., Castiglioni F.  
Andrology Service, San Paolo Hospital-University of Milan, Milan, Italy.

**OBJECTIVES:**  
The main surgical ask for penis elongation is of men having a penis size within the standard limits but not considered satisfactory by the subject ("small penis").  
The aim of this study was to verify the efficacy of the penis-stretching physiotherapy for penis elongation.

**DESIGN AND METHODS:**  
Nine healthy men suffering from "small penis" were enrolled (range age: 26-43 years). The initial stretched penis length was 12.0 cm (range 8.1-15.4). The "Andro-Penis," device was prescribed for at least 6 hours per day, for at least 4 months.

**RESULTS:**  
In all subjects the elongation of penis was proportional to the device time of use. After 4 months the stretched penis augmentation was +1.8 cm (range +0.5-+3.1 cm). The daily average use was 6 1/2 hours (range 3-9 hours). No side effects occurred.

**CONCLUSIONS:**  
Our data show the efficacy of the penis-stretching physiotherapy in the "small penis" treatment.