

What is prone masturbation?

Prone masturbation is the habit some males have of masturbating in a face-down (prone) position. Some males who masturbate this way rub their penises against the mattress, pillow, or other bedding, or the floor. Some practitioners lie on their stomachs and thrust into their hands. Masturbation is very enjoyable and healthy, and only a small fraction of males masturbate prone; around 90 percent masturbate by stroking up and down the penis with one hand.

What's wrong with masturbating prone?

Nearly all males agree that masturbating face up is a fun and delightful practice, but masturbating face down puts excessive pressure on the penis, and especially on the base of the penis. These sensations are not easily replicated in conventional masturbation or in sexual intercourse. This is not analogous to intercourse being performed face down, as most males do, because the partner's body provides more resistance than the objects a male who masturbates prone uses to thrust into or against. Prone masturbation can reduce the ability of a male to have normal sexual relations. A survey revealed that males who masturbate conventionally have sexual intercourse 6.6 times more often than males who masturbate prone.

The most common problems males who masturbate prone have are delayed orgasm or a complete inability to have an orgasm during intercourse (anorgasmia). Many males who masturbate prone also have trouble getting erections. It's a common experience among males who are used to masturbating face down to be unable to have an orgasm even after engaging in sexual intercourse for over half an hour. The female partners of these men find this outcome unusual and often wonder if they are to blame for the man's inability to reach orgasm through intercourse. Nearly 60 percent of males

who masturbate prone suffer from anorgasmia or delayed orgasm most of the time they have sexual intercourse, while only 4 percent of males who masturbate supine do.

Nearly a third of males who masturbate prone suffer from erectile dysfunction most of the time they have sexual intercourse, while only 5 percent of males in the same age group who masturbate supine do.

These things are understandable consequences of prone masturbation. Even males who enjoy masturbating the conventional way don't get as much stimulation from intercourse as from masturbation (because in masturbation one can control precisely the type, force, and location of the stimulation one gets, while in intercourse a lot of that is not under control.) For males who masturbate prone, the amount of stimulation in intercourse is a small fraction of what they get masturbating.

Masturbating prone causes severe sexual dysfunction in most males who practice it.

Why do some males masturbate prone?

More than 90 percent of males learn to masturbate through self-discovery. Males who masturbate prone unfortunately self-discovered the wrong way. Males who learn to masturbate from other people invariably learn to do it the correct way. (Most males who discover it for themselves also discover the conventional way.)

What's the conventional way?

About 90 percent of males lie on their backs (or sit up) and make a fist around their penises and stroke in an up and down motion until they have

an orgasm. This method has acquired such cachet as the usual way for males to enjoy masturbation that many sex education books don't even mention any other method.

Nearly all males who masturbate prone are aware of the conventional method of male masturbation, but many think that their way is merely a harmless variation, or even that it's better than regular masturbation. All men who masturbate face down think the way they masturbate is more similar to missionary-style intercourse than conventional masturbation is. The amount of pressure the penis gets (and the parts of it that get stimulated) in intercourse are more similar to conventional masturbation than to face-down masturbation. It defies what males who masturbate prone think, but those who masturbate the typical way have the fewest problems adjusting to intercourse.

Conventional masturbation is a basic sexual skill for males. It is a norm. When more than 90 percent of a group do a particular thing, that thing is a norm. Masturbating by hand is so much a norm that many men can't conceive of taking pleasure in masturbating any other way. Few other things that males do are as much of a norm as masturbating by hand. Even if someone were to believe that a male should be able to choose to masturbate prone if he wishes, that male should still be able to masturbate by hand (conventionally) as a basic sexual skill. By not being able to masturbate conventionally, these males are lacking a basic sexual skill.

When was prone recognized as a problem?

Some of the leading sex authorities have noted that prone masturbation is dysfunctional. Dr. Bernie Zilbergeld, in his groundbreaking 1978 book *Male Sexuality* described the case of a man in his 20s who masturbated prone and had problems with erectile dysfunction and

anorgasmia. He advised men in this situation to expand their sexual horizons by learning to masturbate in the usual way. Drs. William Hartmann & Marilyn Fithian also presented a case of prone masturbation in their 1984 book *Any Man Can*. This patient had to "learn a new pattern of sexual response" before he could be functional in intercourse. Dr. Eva Margolies, in her 1994 book *Undressing the American Male* characterized prone masturbation as a manifestation of regressed sexuality.

The first article devoted entirely to the hazards of prone masturbation was published in 1998 in the *Journal of Sex and Marital Therapy* by Dr. Lawrence I. Sank of the Cognitive Therapy Center in Bethesda, Maryland. Sank's article was the first to focus specifically on prone masturbation as a cause of sexual dysfunction. Sank called prone masturbation Traumatic Masturbatory Syndrome.

Is it always harmful to masturbate prone?

Yes. While some of the popular information about masturbation on the Internet promotes face-down masturbation as merely a harmless variation, individuals who masturbate prone report that the effects of this are generally cumulative. So over time it can result in a gradual loss of sexual function. Since every time a male practices this behavior, he is applying unnatural pressure and stimulation to his genitalia, it is never a good idea to engage in this type of masturbation. The challenge for the male who masturbates prone is to learn to masturbate that way – every time – and to restore sensitivity to the penis for successful sex. Every male should be able to experience the pleasure of masturbating by hand.

How prevalent are the problems males who masturbate prone have in bed?

Those who masturbate face down are five times

more likely than those who masturbate face up to have erectile dysfunction and twelve times more likely to have anorgasmia.

Most men who masturbate prone, if they can have intercourse at all, are usually limited to the "missionary" position. They also report an inability to achieve orgasm from fellatio. The majority of males who masturbate conventionally have had intercourse successfully in at least five positions.

How does one unlearn prone masturbation?

One has to stop masturbating in prone fashion and learn to do it the conventional way. This might take a bit of time and practice. Many practitioners can masturbate the conventional way if they haven't had an orgasm for an extended period of time, perhaps a week. By limiting masturbation to only when they can do it without resorting to their old (face-down) habits, they can learn to masturbate conventionally. Most males who find out about the dangers of prone masturbation and decide to give it up are able to masturbate by hand while lying on their backs within a week.

When can males who give up prone have intercourse successfully?

Males should be able to masturbate daily the conventional way for at least a month before attempting intercourse. There might also be a learning curve as they get used to the somewhat different feeling of intercourse after switching. Males can expect to be much more successful at making love than when they masturbated prone.

Overall, giving up prone masturbation will make you more whole sexually. 05/13

For more information and links to a support group for males getting over overcoming prone:

<http://www.healthystrokes.com>

PRONE MASTURBATION AND ITS HAZARDS

A brief question
and answer guide

From the web site
[HealthyStrokes.com](http://www.healthystrokes.com)