

PROSTATE MASSAGE: Why it matters to men!

by Robert Schout, My Sol Touch. Fall 2025

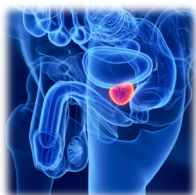
A man is told by his doctor that he must have a prostate exam and the response from most men is some version of, “ickkk...hell no” or “I don’t want any finger up my ass”. Regardless of the necessary medical rationale or the overwhelming health rationale for such a procedure, many men are culturally conditioned to be repulsed by the thought, let alone the act, of another man’s finger inside of him, pressing against his prostate.

This attitude is changing rapidly. When men understand what the prostate is, its critical functioning for men’s urinary tract, and the necessity for sexual health, they are much more receptive to prostate exams and prostate massage.

The prostate remains taboo for many men, simply because men don’t discuss it and therefore don’t understand it. Once understood, men have a willingness to explore activities that promote prostate health and functioning.

What is the prostate, and why does it matter to a man? (Source: Cleveland Clinic)

The prostate gland is a small, walnut-shaped gland located in the male reproductive system. Its primary functions include:



- Creation of prostatic fluid (i.e., enzymes, proteins, minerals) that nourishes and protects sperm.
- Mixing prostatic fluid with sperm to form semen.
- Surrounding the urethra helps control the flow of urine.
- Producing the hormone dihydrotestosterone (DHT), crucial for male sexual development and functioning.

The prostate is fundamental to male sexual health, sexual functioning, and sexual activity.

Rates of prostate cancer in the U.S.

The highest rates of prostate cancer are in North America, Australia, and Europe.

The American Cancer Society’s estimates for prostate cancer in the United States for 2025 are:

- About 313,780 new cases of prostate cancer
- About 35,770 deaths from prostate cancer

(Source: American Cancer Society)

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| • Men aged 50-59: 1 in 19 | • Men aged 60-69: 1 in 15 |
| • Men aged 70-79: 1 in 10 | • Men aged 80-89: 1 in 8 |

Men have mixed mindsets about what goes in their butt.

According to a 2025 study, there is only an 8.5% documented rate of digital rectal exams of men (use of finger for prostate exam) in outpatient encounters, down from 63.3% of men who had digital rectal exams in 2000. The reason for the precipitous decline is the now everyday use of a PSA blood test for screening of prostate cancer. This lack of common experience with digital exams may account for men's cultural and social discomfort with prostate manipulation. Most men state that they do not want and would feel uncomfortable with digital (finger) insertion in the anus.

However, according to a 2023-2024 survey literature review

- 24% of undergraduate men had received some form of anal stimulation (digital/finger manipulation or inserts into the anus).
- 50% of straight, cisgender men reported having tried anal masturbation (digital/finger manipulation and play with their anus) at some point.
- 54% - 79% of MSM – men who have sex with men (i.e., gay, straight, bi men who have sex with men) reported use of anal toys or digital stimulation of the anus.

And, according to a March 2025 survey from Handy, a company that makes sex toys:

- Solo use: 12% of men use anal toys during solo sexual activity.
- Partnered use: 53% of men reserve anal toys exclusively for play with a partner.

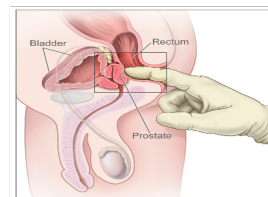
Attitudes are changing, even if open dialogue about the prostate remains uncomfortable, and discussion of sexual anal digital stimulation remains secretive among men. The statistical facts are that 25%-75% of all men are comfortable enough with prostate stimulation to engage in it in the privacy of their own spaces.

Prostate Massage: rationale and benefits

Prostate massage is a real thing. It's a legitimate massage technique that is recommended and endorsed by some medical practitioners.

The goals of prostate massage can be both therapeutic and medically diagnostic. For some, the goal is to heighten sexual pleasure or intensify orgasms.

1. Medically, a prostate massage tests for signs of inflammation in the prostate; inflammation that may be related to prostatitis.
2. Therapeutically, prostate massage relieves conditions such as chronic prostatitis and chronic pelvic pain by clearing blockages in prostate secretion ducts and easing congestion in the pelvic area, thereby decreasing pressure and pain.
3. Sexually, a prostate massage gently massages and stimulates the prostate gland. Prostate orgasm is different from penile orgasm. The prostate gland is packed with nerve endings that are all sensitized to touch. Prostate massage engages pelvic muscle rubbing and digital manipulation. Its nerve endings create more intensity than those of the penile nerve endings. Therefore, the prostate plays an important role in sexual arousal and the male sexual response cycle. Prostate stimulation leads to more powerful internal orgasms in men.



(Sources: Very Well Health; The Queen's Journal; WebMD)

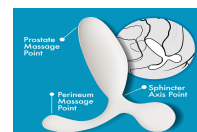
Not all massage or bodywork professionals offer prostate massage.

Prostate massage is a specialized field in both medicine and massage. It requires specialized training in digital massage, anal and prostate skin and muscles, types of lubricants most appropriate for anal and prostate massage, and knowledge of certain medical/health contraindications (e.g., prostate infection, bacterial infection, colon issues, etc.)

It is inappropriate for a bodyworker or massage therapist to perform a prostate massage for relaxation or sexual stimulation without training. The bodywork could physically hurt the recipient and cause more physiological problems.

Prostate massage sessions also require different products, supplies, and a setup.

- Special lubricants are needed. Massage oil and cream are not appropriate for a prostate massage. They can create more harmful bacteria in the anus and prostate.
- Latex gloves should be used to protect the bodyworker from harmful bacteria and to prevent the recipient from accidentally tearing the anal wall lining due to the bodyworker's fingernails.
- Douching before a massage and anal cleansing afterwards may be required.
- Absorbent sheets are used.
- Prostate manipulation accessories may be used.
- Special positioning of a client is necessary.



If a bodyworker or massage therapist offers prostate massage but does not have or do these things, chances are they have not been trained and do not have the appropriate knowledge to offer this type of service safely and effectively.

MY SOL TOUCH offers prostate massage by special request.

My Sol Touch believes in and supports men's health: physical, therapeutic, and sexual. The My Sol Touch bodyworker has received special training in prostatic massage. However, this massage is only offered to selective clients after a consultation about medical challenges, medical history, massage goals, and current physiologic health to rule out contraindications.

About the Author: Robert Schout

Rob is a bodywork specialist, certified master life coach, clinical social worker, business consultant, and author. He is an advocate for holistic men's health and well-being, encompassing the wellness of body, mind, emotions, culture, and sexuality. Through MySolTouch™ – Bodywork for Men, Rob offers men a respite from the outside world and the cultural conditioning that men go through. He provides a safe, supportive, rejuvenating, and welcoming experience, both physically, emotionally, and mentally, in the Wilmington, DE area. Rob is available for massage appointments, men's events, retreats, and life coaching. www.mysoltouch.com

