

Penile Traction Therapy

WARWIKI

Patient Information · A wearable device that gently stretches to reduce curvature

Penile traction therapy uses a device that applies a **gentle, sustained stretch** to the penis over time. It is used mainly for **Peyronie's disease** (to reduce curvature and help preserve length), and also for **penile rehabilitation** — for example, to maintain length after prosthesis surgery. It is non-surgical and safe, but it works only with **consistent daily use over months**.

How It Works

Sustained, gentle tension encourages the tissue and scar (plaque) to gradually **remodel**, which can lessen the curve and help keep length. The effect is modest and gradual — this is a slow, steady therapy, not a quick fix. It is often combined with other Peyronie's treatments.

What to Expect

- You wear the device for a **set time each day**, following your specific model's instructions (some are worn for longer periods; newer ones are used for short sessions a few times daily).
- Results build over **several months** — consistency is the key.
- Best results are usually in the **active phase** of Peyronie's or alongside other treatments.

LEARN THE TERMS

Traction therapy

Using a device to gently stretch the penis over time.

Peyronie's disease

Scar tissue that bends the penis — the main reason for traction.

Plaque

The scar tissue that the stretch helps remodel.

Penile rehabilitation

Maintaining length/function, e.g., after prosthesis surgery.

Active vs. stable phase

Whether Peyronie's curve is still changing or settled.

DOES IT REALLY WORK? It can give **modest, real improvement** in curve and length — but only if you use it faithfully for months. Think of it like physical therapy for the penis: gradual and dependent on consistency. It will not fully straighten a severe curve on its own, and it pairs well with injections or surgery.

Using It Safely

- 1 Follow your device's **wear-time and tension** instructions exactly — do not over-tighten.
- 2 Use it on a flaccid penis; stop a session if you have **numbness, color change, or pain**.
- 3 Build up wear time gradually as you get used to it.
- 4 Keep the device clean, and take breaks as directed.

Good to Know

- It's discreet and done at home; many men combine it with other Peyronie's treatments.
- Patience matters — judge results over months, not days.
- Ask your team which device and schedule they recommend.

Stop and call your team if you have:

- **Numbness** or a cold, pale, or bluish penis that doesn't quickly recover
- Persistent pain, skin breakdown, or sores
- Worsening curve or new lumps

Common Effects

- Temporary redness or marks where the device sits
- Mild discomfort that eases as you adjust

THREE THINGS TO REMEMBER

1. Penile traction gently stretches the penis to reduce Peyronie's curvature and help preserve length — non-surgical and safe.
2. It works only with **consistent daily use over months**; results are gradual and modest, often combined with other treatments.
3. Never over-tighten. Stop and call your team for numbness, color change, or persistent pain.