A shirtless man with a beard and tattoos is sitting in a chair, looking off to the side. He is positioned in front of a brick wall. The text "WILLPOWER MAGAZINE" is overlaid on the left side of the image, and "DR. LANCE" is overlaid in large letters across the center. A paragraph of text is on the bottom left, and a social media handle is at the bottom center.

WILLPOWER MAGAZINE

DR. LANCE

I'm originally from California, Missouri. California is a small rural farming town in mid-Missouri with a population of a little over 4,000 people. I have a strong appreciation for my roots and the midwestern values that I grew up in as I feel that it helped me learn how to be polite, and humble, and how to work hard for the things I want in life.

@lanceinyourpants

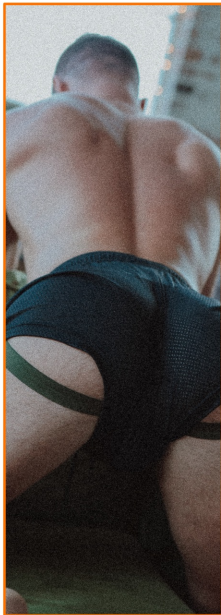
I never imagined I'd have a career in pelvic health or sexual health. Ever since my senior year in high school after doing physical therapy for an injury playing basketball, I always knew I wanted to be a physical therapist. When I started my undergraduate degree and even into my doctorate program, I always anticipated that I would work with athletes and higher-level sports injuries. It wasn't until my clinical rotations in physical therapy school that I even learned about pelvic health as a specialty and all the people that could be helped by it.



The most common condition I treat is a condition called Prostatitis, more commonly known as Chronic Pelvic Pain Syndrome (CPPS). CPPS is a condition that presents as urinary urgency or frequency, or pain with urination, as well as pain in the penis, testicles, perineum, and/or anus.

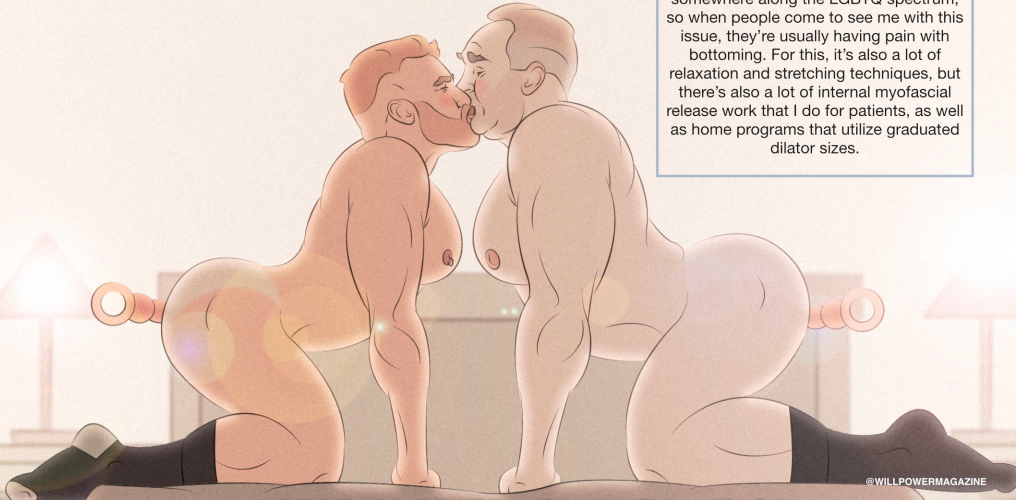
Usually, people have painful erections or painful ejaculation as well.

I usually treat this condition with a lot of relaxation and stretching techniques, as well as strengthening exercises once the muscles have adequate mobility.



I also frequently treat patients who have pain with receptive penetration.

Most of the patients I work with are men, and most of them also identify somewhere along the LGBTQ spectrum, so when people come to see me with this issue, they're usually having pain with bottoming. For this, it's also a lot of relaxation and stretching techniques, but there's also a lot of internal myofascial release work that I do for patients, as well as home programs that utilize graduated dilator sizes.



Another common condition that I treat is erectile dysfunction. Patients usually present with some degree of difficulty either getting and/or maintaining an erection and from a musculoskeletal standpoint, there are muscles in the front of our pelvises that help contribute to erections. When patients have muscles that are too tight or too weak, sometimes it can impair one's ability to get an erection adequately. So again, there's also a good bit of relaxation and stretching techniques that happen, but I also utilize a type of technology called shockwave therapy to help promote more blood flow into the penis.

Shockwave therapy uses sound waves to help improve blood flow and increase sensitivity to our nervous system. This laser is used on the shaft of the penis, as well as in the perineum over the prostate. This can help with ED, premature ejaculation, and can help increase orgasm intensity if done regularly.



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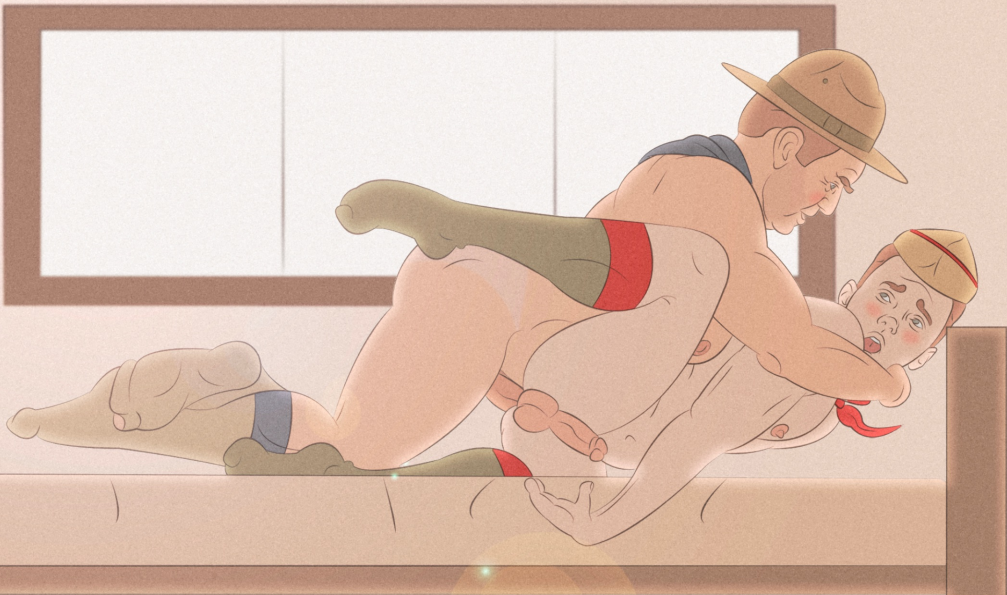


Most men think that for stronger, firmer erections, and more powerful orgasms or ejaculations, they need to be doing kegels to work on strengthening their pelvic floors.

BUT, usually, most people actually need to learn how to relax their pelvic floors for the muscles to work most optimally. Typically when patients are squeezing and tightening all day long, the muscles go into an overactive, or spastic state, and when this happens, the muscle loses its ability to contract at its most forceful capacity. So over time, erections become weaker and cum shots turn more into dribbles. So learning how to relax the pelvic floor is always the first thing I teach patients for a more pleasurable sex life.





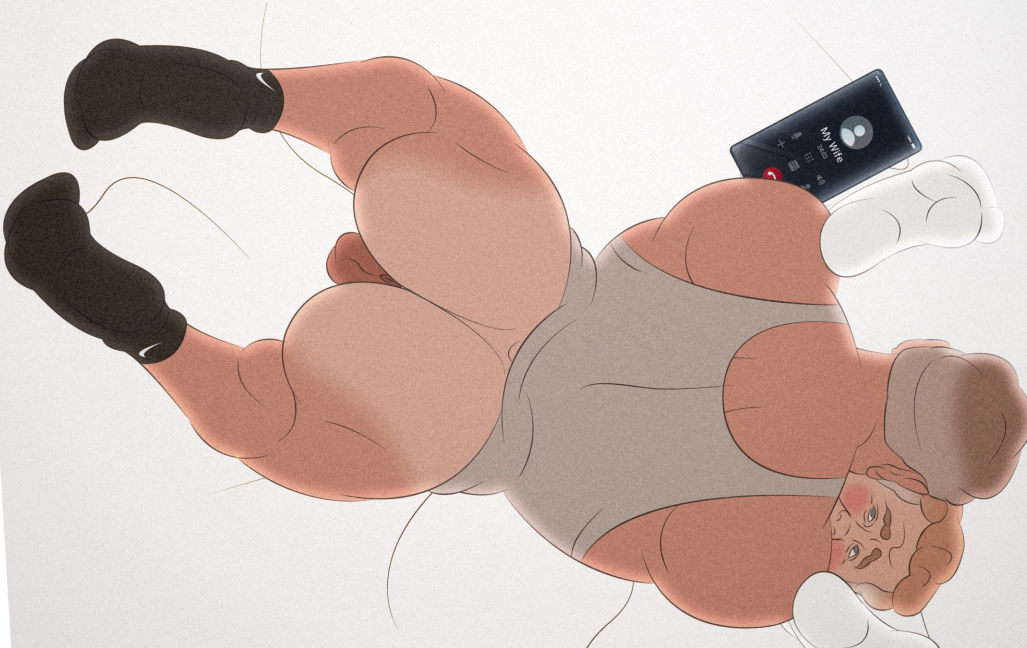




Another tip I would suggest is getting comfortable with exploring their bodies, particularly the prostate.

Some guys find that putting things up the rear end can be intimidating or painful, but prostate play is one of the best ways to enhance someone's sex life. Whether it's a finger, a toy, or a prostate massager, learning how to find the p-spot and incorporating it into sex can take things up a notch. Lastly, I would say that focusing on what feels good to someone's body and worrying less about whether or not they're going to cum, is something I always try to emphasize with my patients in the clinic. Sometimes we get so focused on the end result, that we forget to enjoy the process, and making sure we're engaging in things that feel good to our bodies and our senses is the fun part of the process. By doing that, the end result - the orgasm - is usually even more intense.





For less painful anal sex, the first step is learning how to relax the pelvic floor. And not just doing a kegel and letting go of that tension; it's a contract - relax - bulge. The bulge or push-out is the active relaxation we need for something going in there to be less painful. Once patients master the bulge, then we start to apply that with dilators and progressively sized plugs until a penis or dildo is no longer painful.

I never recommend that newbies start with large objects or above-average penises.

Usually, if our bodies aren't prepped for something that large, it can lead to damage to the rectal or anal canals (i.e., tissues or hemorrhoids) which can be difficult to heal from. I treat patients all the

time who have told me horror stories of having sex once with a partner that was "too big" and getting a fissure that just wouldn't heal. Fissures can be very painful and tricky to treat. So for people wanting to take larger dicks, I always

recommend starting small and working their way up over time with regular dilation with either progressively bigger dildos or dilator trainers.

For men with larger dicks that want to top, I always tell people to GO SLOW and be patient. For the bottom, whether they're a newbie or a seasoned pro, the anal sphincter is meant to stay closed to maintain continence. It's only after gradual stretching and a lot of foreplay that an anal sphincter can tolerate that large of stretch. I also, highly encourage men to to warm up their bottom by doing a little ass-eating to help the bottom relax and open up. **I also can't stress this enough - lube, lube, and more lube.** Just because porn makes using spit sexy, doesn't mean it's enough lubrication for someone to take a dick. Especially if it's a big one. So making sure that someone is using plenty of lube, ideally a silicone lube, is always a priority.







**We all know sex sells
and people always
pay attention to
sensual content.
So if attaching
sexually suggestive
pictures helps to get
eyes on a potentially
very impactful topic,
then I'm here for it.**

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