

## Treatment with penile retraction in evolutive peyronie's disease with external penis-stretching

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### 1. Objectives:

One of the major complaints of Peyronie's disease is penile retraction. The aim of this study was to verify the efficacy of the mechanical penile stretching in evolutive Peyronie's disease.

Twenty-two men (age: 18-78 years) suffering from Peyronie's disease at different stages of penile retraction were enrolled and followed-up. The stretched penis length ranged 9.7-15.2 cm. The "Penistretcher" device was prescribed for 6 hours/day, for some months.

### 2. Results:

The mean use resulted 5 hours/day (range: 2.5-11), for 3 months (range 1-13). No adverse side effects occurred. The stretched penis elongation (average +0.8; range 0.8/+2.3 cm) results correlated only versus the initial stretched length: the shorter at the beginning, the longer at the follow-up ( $p < 0.05$ ).

### 3. Conclusions:


Our data show that penis stretching is effective in Peyronie's disease treatment, especially at the stage of severe penile retraction.

**TREATMENT OF PENILE RETRACTION IN EVOLUTIVE PEYRONIE'S DISEASE WITH EXTERNAL PENIS-STRETCHING**

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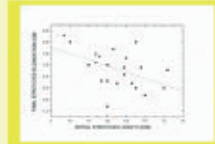
**OBJECTIVES:**  
One of the major complaints of Peyronie's disease is penile retraction. The aim of this study was to verify the efficacy of the mechanical penile stretching in evolutive Peyronie's disease.

**DESIGN and METHODS:**  
Twenty-two men (age: 18-78 years) suffering from Peyronie's disease at different stages of penile retraction were enrolled and followed-up.  
The stretched penis length ranged 9.7-15.2 cm. The external "Penistretcher" device was prescribed for 6 hours/day, for some months.  
Patients were divided into two groups, based on an arbitrary established initial (stretched penis) length cut off.  
[Group A] = 11.5 cm; [Group B] = 12.5 cm.  
Both groups were not different in age and disease evolution.




Active Band  
Penistretcher  
Elastic Ring

**RESULTS:**  
The mean use time resulted 5 hours/day (range: 2.5-11), for 3 months (range 1-13).  
The mean stretched penis lengthening resulted +0.8 (range: 0.8/+2.3 cm).  
No adverse side effects occurred.



The stretched penis elongation resulted correlated to the initial stretched length: the shorter at the beginning, the longer at the follow-up ( $p < 0.05$ ).



Group	Patients (n)	Penile length before PS	Penile length after PS	Significance (p value)
A (<math>11.5\text{ cm}</math>)	11	11.3 ± 0.4	12.1 ± 0.7	$p < 0.05$
B (>12.5 cm)	11	12.6 ± 0.4	13.2 ± 0.8	$p < 0.05$

[Group A] showed a significantly increase of penis length ( $p < 0.05$ ).

**CONCLUSIONS:**  
Our data show that penis stretching is effective in Peyronie's disease treatment, especially at the stage of severe penile retraction.