

<http://www.newscientist.com/blogs/shortsharpscience/2009/03/is-effective-penile-extender-w.html>

Is "effective" penile extender worth the bother?

Rowan Hooper, online news editor

When I saw the email in my inbox I thought at first it had slipped through the spam filter. Here's the top line:

Penile extender increased flaccid length by almost a third, says independent clinical study

Not spam, it turns out, but a paper in *BJU International* (DOI: [10.1111/j.1464-410X.2008.08083.x](https://doi.org/10.1111/j.1464-410X.2008.08083.x), in press) reporting on a trial of something called the Andro-Penis, a "penile extender" apparently in wide use.

This is not a treatment for micro-penises, which [require something much more radical](#). Rather, it's more like what some [Jewish men in Nazi Germany did to disguise themselves](#): to stretch the remnants of their foreskins back over the penis, they hung weights off it.

[As the website says](#):

"It is based in the medical principle of traction, that when executed in a controlled, gradual and progressive manner on the penis will stimulate the growth of the suspensory ligament, corpus cavernosum, and the rest of the penile tissues."

After 6 months of treatment with the thing (wearing it for an eye-watering 4 hours a day), stretching with a traction of up to 1.2 kilograms, the "highly motivated" men reported an increase in length of 2.3 centimetres for the flaccid penis. Penile girth did not change. The men's average flaccid penile length was 7.15 cm at the start of the trial and 9.45cm at the end.

The researchers, from the University of Turin, report that the length increase was 32% and "erectile function" increased by up to 36%. They say that the treatment could provide a viable alternative to surgery.

"A number of surgical procedures are available that aim to elongate the shaft of the penis or enlarge the penile girth," says urologist Paolo Gontero. "However, these have a number of disadvantages, including a lack of standardisation, potential risk of complications and high patient dissatisfaction."

Four patients discontinued the treatment, for four different reasons: pain and penile bruising, satisfactory results after three months, lack of efficacy, and inability to follow the protocol.

You've got to wonder whether a flaccid increase of 2.3 cm was worth it. I can understand doing it if an SS officer was likely to pull your pants down, but otherwise?