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COSMOPOLITAN

EXPERTS

sex advice

from Amy Levine, Cosmo's Carnal Counselor

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"Can jelqing exercises really enlarge a penis?"

Q I've heard about a technique called jelqing that's supposed to increase the size of a man's penis. What is it, and does it really work?

A Jelqing, which is believed to have originated in the Middle East, is an ancient masturbation-like technique to increase the length and girth of a man's penis by forcing blood flow to the tip. Though there are many variations, the basic method consists of wrapping the thumb and index finger firmly around the base of the shaft and continually sliding the hand down to the head. Apparently, it's best to jelq a well-lubed, semierect penis -- jelqing a rock-hard member could cause a ruptured blood vessel.

Though some people claim that jelqing actually works (mostly anecdotal "evidence" on Websites selling penis-enlargement products and jelqing instructions), there is no scientific proof to support the claim. In fact, all the pulling and squeezing can be harmful.

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