

Suspended Weights / Gravity
Foreskin Restoration Method
(Deep Socket / BALL Bearing / Etc...)

Type: Tape. Self-contained or augmented by a tensioning strap

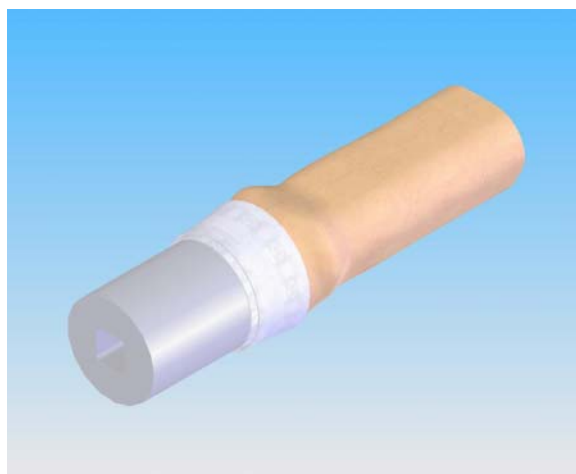
Focus: 80% Inner foreskin, 20% Outer

How It Works

Weighted devices have historically been used to provide a self-contained tensioning while being able to control exactly how much force is being applied. Some of the more common weighted objects to be suspended from the penis are: Solid ball-bearing, a large mechanics socket, or other heavy cylindrical object. The object itself can provide the weight, or the object can be suspended from the restoration device (ex: weights suspended from a film tube).

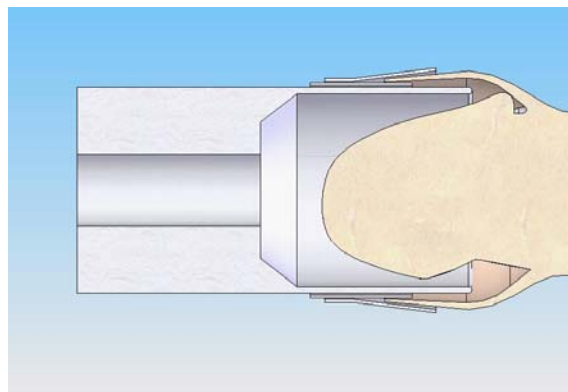
Gravity provides the force that pulls on the foreskin and tensions the apparatus. It is logical that the heavier the object suspended, the more tension is being applied. We cannot give you a suggestion on what weight will be most effective, but we can advise that too much weight is not good. You want only enough to tension the skin without causing handling issues with the weight, or possibly damaging the penis. We would recommend that new users use a device that is between 2 ounces (60 grams) and ½ pound (8 ounces, 230 grams), and that experienced users use a device that of up to 1 pound (16 ounces, ½ kilogram). There have been reports of men using several pounds successfully, but we advise against that much stress on the penis. Until you become accustomed to using a weighted device, a lighter one will allow the skin to accommodate the weight, as well as being easier to handle and less noticeable from the outside of clothing.

Tugging through weights is much the same as through the pill tube method. The glans is either pushed into a weighted cylinder (socket), or the glans is compressed against a weighed object (ball bearing, 7/8" to 1-1/8" diameter). Either method then has the foreskin pulled over the object and either taped to the object or the skin is taped in front of the object.



Socket Attached (Also See The Film Tube Method)

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Cross Section

A disadvantage of this technique is that men who sit much of the day are unable to get the benefits from the unit hanging freely under the pull of gravity. Another disadvantage is that at some point in their ‘tugging career’, most men using weights have the weight unexpectedly release, and fall to the floor. This can cause embarrassment, but can easily be covered by a ‘damn hole in my pocket’ comment if anyone notices.

The most effective way to tug using weights seems to be in the evening or on weekends. This allows you to wear loose fitting clothes, easily remove or adjust a weight that is ‘just not sitting right’, and if seated, lets you find a sitting position that still has tension.

There have been reports of men who have experienced an increase in penis length from the constant tension placed on the body of the penis, and that a heavily weighted routine is advertised on the Internet as a way to permanently ‘increase you manhood’. We would suggest that the effect is marginal at best using reasonable tugging weights, and very dangerous at worst using heavier weights. This is **NOT RECOMMENDED**.

If the weight was to come into contact with the glans or penis skin, we would suggest using a stainless steel or chromed steel weight. They are less reactive with skin and secretions, and offer corrosion resistance. Other materials may not be as skin-friendly, and in fact may be dangerous (ex: lead based materials).

It is recommended that the units are cleaned after use by through a quick water rinse, and a periodic thorough soap and water scrubbing. Make sure to dry it immediately to minimize the chances of corrosion.

Warning: Too much weight can cause injury. Use lighter weights and slowly increase mass over period of time.

Tips / Tricks

- Using a bolt to fasten two mechanics sockets together is a quick and easy way to increase the weight by a little, or by a lot depending on your preference. Use a round headed bolt with the rounded head towards the penis.

- Use a socket that is at least 15/16” to accommodate the glans, and look for ‘deep-socket’ or sparkplug sockets for extra length / weight at the same diameter.
- A 6-point socket is better to use than a 12-point socket. The projections of the 12-point socket are a disadvantage for restoration.
- If there is enough skin available, two ball bearings of similar or different sizes can be used to increase the weight.
- O-Rings and a keeper can be used with a ball bearing where the skin rests ahead of the steel balls.

We will try to update both the text and illustrations in this document as they become available. Please check back periodically for updates.

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