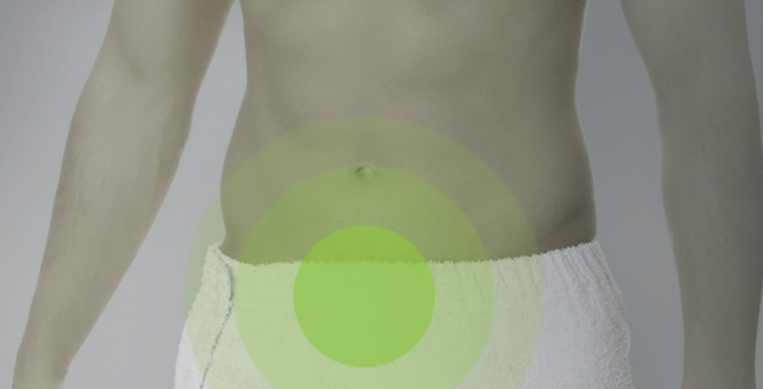




## Men's Pelvic Health



### Chronic Pelvic Pain / Chronic Prostatitis

Do you have anal, penile or testicular pain?

Do you have pelvic or low abdominal pain, bladder irritation or pressure?

Does pain make it hard for you to sit for long periods?

Chronic pelvic pain is a hidden problem. It can't be seen, it's hard to diagnose and often men suffer for many years before finding help. Chronic pelvic pain in men is more common than you think and is very distressing, both physically and emotionally.

You may have been diagnosed with chronic prostatitis, chronic pelvic pain syndrome or painful bladder syndrome. In most of these cases the pelvic floor muscles are tight and painful. The pelvic floor muscles are at the base of your pelvis, attaching from the pubic bone at the front to the tail bone at the back. These muscles support and control the bladder and bowel and play a role in sexual function. If you have difficulty relaxing your pelvic floor muscles, they can become chronically tense and overactive. Tense, tight pelvic floor muscles are painful and can lead to ongoing pelvic, sexual and bladder pain. It's like having a headache in the pelvis.

Psychological factors (ie mood, relationship issues or past abuse), high stress levels, little time for relaxation and overuse of core muscles can all cause an overactive pelvic floor. It may also occur in response to pain following injury, surgery, nerve damage or infection.

An Australian study reported that 8% of men experience chronic pelvic pain. There is evidence to support physiotherapy in reducing pain through the treatment of pelvic floor muscle tension and overactivity.



## What Will My Physiotherapy Program Involve?

- A thorough assessment to establish your goals, pelvic floor requirements and treatment plan
- Design of a personalised pelvic floor muscle exercise program to relax and release your overactive pelvic floor muscles
- Manual therapy techniques to relieve the pelvic floor muscle pain
- Education regarding chronic pain and the role of the brain including practical lifestyle advice
- Support to understand the relationship between your pain and emotional and physical health

## How Often Will I Need To Attend?

The number of treatments varies for each individual. You can expect to experience gradual improvement in your symptoms throughout this time.

Motivation and adherence are important factors in achieving your goals. Your Physiotherapist will regularly re-assess these goals and work with you to ensure the program is achievable and appropriate for your lifestyle.

## What Can WMHP Do For Me?

Our experienced Physiotherapists understand this complex problem and will work with you and your other health care professionals to reduce pain and improve your quality of life. At Women's & Men's Health Physiotherapy we lead the way in pelvic health. We'll empower you to understand the factors that influence your pain and reduce pelvic muscle tension so you can enjoy life to the fullest.

## Why Choose Women's & Men's Health Physiotherapy?

-  We're a group of Physiotherapists who specialise exclusively in pelvic floor muscle rehabilitation
-  We'll design a personalised pelvic health program for you
-  We're passionate about empowering men to reduce pain, restore hope, regain confidence and change their lives for the better
-  Our Physiotherapists and administrative team recognise the sensitivity of your symptoms and will treat you with understanding, respect and discretion



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