



Men's Pelvic Health

Bladder

Are you always going or rushing to the toilet?

Do you find it hard to get started or have slow flow?

Do you dribble after you've finished urinating?

Urinary frequency, urgency, difficulty emptying and loss of bladder control are common and distressing problems which affect your quality of life. You might find yourself avoiding enjoyable activities, arranging your daily routine around where the nearest toilets are or being frustrated and embarrassed at the urinal.

The pelvic floor muscles play an important part in the management of these symptoms. 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. The pelvic floor muscles also need to relax well to empty your bladder easily and effectively - yours may be weak or too tight.

30% of men who visit the GP have poor bladder control. Often the main cause is prostate enlargement but there can also be other contributing factors. Constipation, chronic cough, poor fluid and toileting habits, neurological conditions, medication, obesity and ageing can affect the pelvic floor and your bladder control.

Research supports the beneficial outcomes of a personalised pelvic health program designed and managed by a specifically trained Physiotherapist for bladder problems.

What Will My Physiotherapy Program Involve?

- A thorough assessment to establish your goals, pelvic floor requirements and treatment plan
- Design of an individual pelvic floor muscle exercise program based on your abilities and needs
- Progression of your program and application to your daily activities
- Instruction in good bladder habits, emptying techniques, fluid intake and bladder retraining
- Advice regarding healthy bowel habits and lifestyle factors

How Often Will I Need To Attend?


The number of treatments varies for each individual. To achieve optimal gains, most men require 4 to 6 visits over a 4 to 6 month period. 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?


Bladder control problems are common but not normal and you don't have to put up with them. At Women's & Men's Health Physiotherapy we lead the way in pelvic health. We'll empower you to improve your bladder control so you no longer worry about where the nearest toilet is or if you will make it on time, and feel confident that you can empty easily.

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

 We're a group of Physiotherapists who specialise exclusively in the area of continence management and pelvic floor muscle rehabilitation

 We'll design a personalised pelvic health program for you

 We're passionate about empowering men to regain their 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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