



Men's Pelvic Health



Erectile Dysfunction

Do you find it hard to get an erection?

Do you find it difficult to keep an erection?

Are you worried that your erection isn't hard enough for penetration?

The inability to achieve or maintain an erection is common, especially as men age. Diminishing sexual performance is distressing and can affect sexual intimacy, self-esteem, confidence, relationships and quality of life.

Normal erectile function results from a complex interaction of emotional, hormonal, neural, vascular (blood flow) and muscular factors. Physiotherapy can play a part in the multi-disciplinary management of erectile dysfunction. The pelvic floor muscles have an important role in gaining and maintaining erection. They're at the base of your pelvis, attaching from the pubic bone at the front to the tail bone at the back. These muscles also support the pelvic organs and assist in bladder and bowel control.

Research has shown that men with strong pelvic floor muscles have better erectile function. Constipation and straining, getting older, heavy lifting and some types of surgery or radiation therapy can all weaken your pelvic floor muscles.

Evidence shows that, in men who have not had prostate cancer surgery, improving the strength of the pelvic floor muscles enhances erectile function.



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 based on your abilities and needs
- Progression of your pelvic floor strengthening program
- Advice regarding healthy bowel and bladder habits, lifestyle factors and general exercise
- Working as part of your multi-disciplinary team

How Often Will I Need To Attend?

The number of treatments varies for each individual. To achieve optimal strength 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.

What Can WMHP Do For Me?

Men of all ages can experience erectile dysfunction. Although erectile dysfunction is more common as you age that doesn't mean it is inevitable or normal. You don't have to live with it or suffer in silence. At Women's & Men's Health Physiotherapy we lead the way in pelvic health. We'll work with you to improve your pelvic floor muscle strength so you feel more confident about intimacy.

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 improve their pelvic floor muscle strength and regain their confidence
-  Our Physiotherapists and administrative team recognise the sensitivity of your symptoms and will treat you with understanding, respect and discretion



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