

Pelvic Floor Physical Therapy for Males

You have been referred for pelvic floor physical therapy. The physical therapist you will work with specializes in the pelvic floor. They are trained to be sensitive to the personal nature of these topics and this part of your body.

Pelvic Floor Muscles

In men, the pelvic floor is made up of muscles, ligaments, tissues, and nerves. The pelvic floor muscles run from the pubic bone in the front to the tailbone in back. They support the bladder and rectum and assist in bladder and bowel control. They also aid in sexual performance (erection and ejaculation) and support the pelvis.

They help you manage:

- Bladder symptoms
 - Symptoms caused by enlarged prostate
 - Bladder urgency (sudden need to use the bathroom)
 - Bladder frequency (using the bathroom often)
 - Nocturia (getting up to use the bathroom overnight)
 - Leaking of urine, such as dribbling after urination and leaking of urine after prostate surgery
 - Incomplete bladder emptying
- Pelvic pain, such as pain in the penis, testicles, and groin
- Before and after prostate surgery
- Constipation (straining or infrequent bowel movements)

What to Expect

Your first visit will start by talking about your symptoms. Your therapist will ask you about your bladder, bowel function, health history and lifestyle.

Exam

The therapist may perform an exam of your pelvic muscles, as well as your back and hips. They will check your range of motion, muscle strength, posture and balance. They may perform an external or internal exam where they gently feel the different pelvic muscles with a gloved finger. This is to check for any pain or muscle tightness. They will also check how well you can squeeze and relax these muscles.

They may also check your pelvic floor muscles using biofeedback. This exam uses a computer to see how well you can tighten and relax your muscles. You and your therapist will decide which exam is best for you.

Treatment Plan

Your therapist will come up with a treatment plan based on exam results. The plan may include:

- A home exercise program.
- Hands on therapy to your spine, hips and/or pelvic floor muscles in the clinic.
- Educational tools which may include biofeedback to increase your awareness and function of the pelvic muscles.

They will work with you to set goals for treatment and work with your doctor if any issues or symptoms remain.