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Reclaiming Health

How Physical Therapy Benefits
Men with Pelvic Health Issues

INSIDE:

- How Hip-Strengthening Exercises Can Help Alleviate Knee Pain

NEWSLETTER

Reclaiming Health

How Physical Therapy Benefits Men with Pelvic Health Issues

Pelvic health issues are often thought of as women's problems, but men experience them too. Conditions like incontinence, constipation, overactive bladder, pain with sitting, lower back pain (LBP), testicular pain, pain with intercourse, erectile dysfunction, tailbone pain, difficulty starting and maintaining urine stream, and post-prostatectomy complications can significantly impact a man's quality of life. Fortunately, outpatient physical therapy offers a range of effective treatments to address these issues.

Understanding Pelvic Health in Men

The male pelvic floor consists of muscles, ligaments, nerves, and connective tissues that support the bladder, rectum, and other pelvic organs. Dysfunction in this area can lead to various problems. For men, issues such as prostate surgery, chronic straining, and high-impact sports can contribute to pelvic floor dysfunction.

The Role of Physical Therapy

At ESPT, physical therapy is a proactive approach to managing and alleviating pelvic health issues. It involves personalized treatment plans designed by one of our highly trained physical therapists who specialize in pelvic health. Here's how it can help with specific conditions:



1. Incontinence

Incontinence, or the inability to control urination, is often linked to weakened pelvic floor muscles. Physical therapy can help strengthen these muscles through targeted exercises, reducing or even eliminating incontinence.

2. Constipation

Chronic constipation can strain the pelvic floor, leading to dysfunction. Therapists can teach techniques to relax and coordinate the pelvic muscles, improve bowel movements, and reduce strain.

3. Overactive Bladder

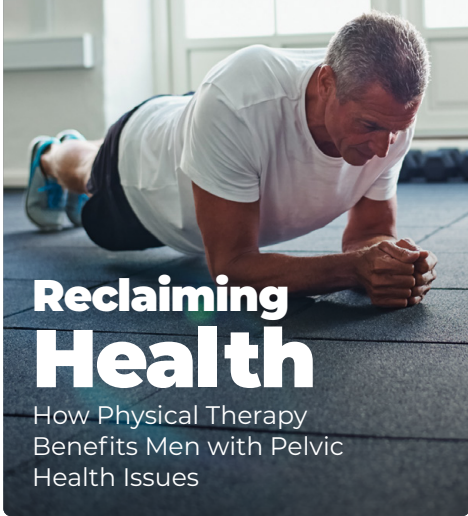
An overactive bladder causes a sudden urge to urinate. Physical therapy can help by teaching bladder retraining techniques and exercises to strengthen the pelvic floor muscles, improving bladder control.

4. Pain with Sitting

Pelvic pain that worsens when sitting can be debilitating. Physical therapists can identify the underlying causes, such as muscle imbalances or nerve entrapment, and use manual therapy and exercises to alleviate pain.

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5. Lower Back Pain (LBP)

LBP often correlates with pelvic floor dysfunction. Therapists use a holistic approach to address both lower back and pelvic floor issues, employing exercises that strengthen and stabilize the core and pelvic floor muscles.

6. Testicular Pain

Chronic testicular pain can be related to pelvic floor tension or nerve issues. Physical therapy can help by using techniques to relax the pelvic muscles and nerves, reducing pain.

7. Pain with Intercourse

Pelvic floor dysfunction can cause pain during intercourse and contribute to erectile dysfunction. Therapists can work on improving pelvic floor muscle function and reducing tension, which can enhance sexual health.

8. Tailbone Pain

Tailbone pain, or coccydynia, can result from injury or prolonged sitting. Physical therapy focuses on relieving tension and improving the mobility of the pelvic floor and surrounding muscles.

9. Difficulty Starting and Maintaining Urine Stream

Issues with urine stream can stem from weak or tight pelvic floor muscles. Physical therapists use neuromuscular reeducation and exercises to enhance muscle coordination and strength.

10. Post-Prostatectomy Rehabilitation

After prostate surgery, men often experience incontinence and pelvic pain. Physical therapy can expedite recovery and reduce secondary issues by strengthening the pelvic floor muscles and improving bladder control.

11. Stress and Anxiety

High stress and anxiety can contribute to pelvic floor tension and dysfunction. Stress often leads to muscle tightening, including the pelvic floor muscles. Physical therapy can include relaxation techniques, breathing exercises, and stress management strategies to help reduce tension and improve overall pelvic health.

What to Expect in Physical Therapy

At ESPT, a physical therapy session begins with a comprehensive evaluation to understand the patient's symptoms and medical history. Treatment plans are highly individualized but may include:

- **Pelvic Floor Exercises:** Strengthening and relaxation exercises to improve muscle function.
- **Manual Therapy:** Hands-on techniques to relieve pain and improve mobility.
- **Neuromuscular Reeducation:** a non-invasive rehab technique that helps restore normal muscle movement and function after nerve or muscle injury.
- **Education:** Teaching patients about body mechanics, lifestyle changes, and techniques to manage symptoms.
- **Stress Management Techniques:** Incorporating relaxation exercises, mindfulness, and breathing techniques to help manage stress and its impact on pelvic health.

The Path to Recovery

Physical therapy offers a supportive, non-invasive, and effective approach to managing and overcoming pelvic health issues in men. By addressing the root causes and providing tailored treatment, physical therapy empowers men to regain control over their health and improve their quality of life.

If you or someone you know is struggling with pelvic health issues, consider consulting with one of our highly specialized physical therapists at ESPT. Taking this step can be the key to reclaiming comfort, confidence, and overall well-being. We strive to help our patients feel better, move better, and live better, so they can get back to doing things they want, need, and love to do!

HIP STRENGTHENING CAN HELP ALLEVIATE KNEE PAIN

You may be surprised to know that the functioning of our knees is directly linked to the strength and stability of our hip muscles. *Our hip muscles play a vital role in maintaining the alignment and stability of the knee joint.*

Hip-strengthening exercises enhance the knee's support system, helping evenly distribute the forces

that travel through it during daily activities. A strong hip musculature can help prevent the knee from adopting faulty movements and positions, often leading to pain.

Hip exercises can also help improve posture and alignment, which is vital in preventing knee strain and subsequent pain. At Exercise Sport Physical

Therapy, we'll guide you in adopting these exercises into your daily routine, a step towards a life marked by greater mobility and less pain.

Our approach is always holistic, emphasizing the role of the hips as crucial players in alleviating knee pain and facilitating overall health and well-being.

Some Highly Effective Hip-Strengthening Exercises to Help Lessen Knee Pain

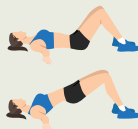
Prone Hip Rotation: Lay on your stomach with your knee bent at 90 degrees so that the bottom of your feet are facing up towards the ceiling. Slowly lean your leg inward for 3-5 seconds and then outward for 3-5 seconds. Repeat with both legs.



Side-Lying Hip Abductions: This exercise is a powerhouse in bolstering the hip muscles, primarily targeting the gluteus medius. This vital muscle aids in stabilizing the hips and knees. Engaging in this exercise can be a game-changer in alleviating knee pain.



Hip Bridges: The bridge focuses on enhancing the strength of the hip extensors (buttock muscles) to help provide better support to the knee structure.



Quadruped Hip Extensions: Another fantastic exercise that strengthens the hip muscles and promotes a stable core, creating a well-balanced support system for your knees.



Taking the Next Step

Remember, the journey to wellness is an ongoing process, and we are here to walk with you every step of the way.

Sources: <https://pubmed.ncbi.nlm.nih.gov/32643252/>; <https://pubmed.ncbi.nlm.nih.gov/31621559/>; <https://pubmed.ncbi.nlm.nih.gov/30407271/>; https://journals.lww.com/jgpt/fulltext/2020/04000/hip_muscle_strengthening_for_knee_osteoarthritis_6.aspx; <https://www.jospt.org/doi/10.2519/jospt.2018.7877>

IMPORTANT NEW INFORMATION

We are upgrading our Revenue Cycle Management system to a new platform.

The platform, **Athelas Insights**, will help us in streamlining our billing & collections processes, and also improve your experience with us. There will be changes in the following areas:

**Patient Statements • Online Payments
Email Communications • Payment History**

Thank you for your patience and understanding during this transition! As always, we are honored to be entrusted with your patient's care.

For more information, please visit our website for details.

espt

orthopedics • fitness • women's health

(913) 413-0012



Call or Scan the Code to Schedule an Appointment Today!