



By Marcus Rein, PT, DPT
Physical Therapy Your Way
& Advanced Specialty Care

Men's health physical therapy is an area of physical rehabilitation that specializes in helping men regain the function of their pelvic floor. Man or woman, if you are reading this, you have a pelvic floor! The pelvic floor muscles are a group of muscles that attach from the pubic bone to the tailbone. These muscles help control bladder, bowel, and sexual function. When surgeries (such as a vasectomy or any procedures involving your prostate), increased tension, injuries, or poor coordination of musculature occur in this area, the pelvic floor can become dysfunctional.

The following is a list of conditions and symptoms that may occur when the pelvic floor becomes dysfunctional:

- Erectile dysfunction
- Pain, pressure, or discomfort that doesn't improve despite medications and surgery
- Pain, pressure, or discomfort in your low back, abdomen, pelvis, testicles, scrotum, and penis
- Daytime and nighttime urinary frequency
- Urine leakage associated with a strong urge to empty your bladder
- Difficulty with completely emptying your bladder
- Constipation
- Fecal urgency or leakage
- Pelvic floor muscle weakness/over-activity

If you are having any of these conditions, you should see a pelvic floor physical therapy specialist.

Fast Facts About Male Pelvic Floor Dysfunction

- 80% of men develop an enlarged prostate (also called Benign Prostatic Hyperplasia or BPH)
- Prostate cancer is the 2nd most common cancer in the United States
- Both BPH and prostate cancer can lead to bladder leakage, pelvic pain, and pelvic floor dysfunction
- Between 11-34% of older men have some form of urine leakage
- Pelvic pain is the most common pelvic floor symptom for men under 50
- Erectile dysfunction can affect men at any age

Solutions For Male Pelvic Floor Dysfunction

Don't Suffer In Silence

Asking for help for your pelvic floor can be challenging for many men. We want to make the rehabilitation experience as helpful as possible without the need for further surgery or medication.

During your appointment, a men's health physical therapist will provide a thorough holistic head-to-toe evaluation to develop an individualized treatment program specific to your needs. All potential variables that could be affecting your condition will be taken into account, such as past surgeries, injuries, pain levels, stress levels, and

nutrition. Depending on your particular condition, your pelvic floor will be assessed with a variety of techniques including real-time ultrasound imaging, EMG biofeedback, motor control, tissue tension, and strength tests. From these detailed assessments, we determine which treatments would be the most beneficial to you and begin your rehabilitation protocol.

Treatment options include:

- Connective tissue manual therapy
- Trigger point manual therapy

- Bladder and bowel training
- Education on nutrition
- Lifestyle modification
- Electrical stimulation
- Mindfulness training
- Trigger point therapy
- Posture correction
- Functional strength training

Why continue to suffer from these uncomfortable and embarrassing conditions? A men's health physical therapy specialist can help get you back to living and enjoying life again!



BLADDER CONTROL ISSUES? PELVIC PAIN, OR SEXUAL DIFFICULTIES?

Physical Therapy Your Way & Advanced Specialty Care

offers conservative solutions to pelvic floor disorders.

Full Hour 1-on-1 Care!

- Incontinence
- Pelvic Pain
- Pediatric Bed-Wetting
- Constipation
- Post Partum Check Up
- Dizziness-Vertigo
- Headaches, TMJ and Neck Pain

Begin your road to recovery by scheduling an evaluation today!

Alexandria & Lorton, VA

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Marcus Rein PT, DPT is a physical therapist who specializes in Male Pelvic Floor Rehabilitation, Sports Rehabilitation, and Orthopedic Rehabilitation. He is also a CrossFit Level 2 instructor and has over 10 years of experience coaching strength and conditioning. He earned his Doctorate of Physical Therapy from Samuel Merritt University in 2016 and has enjoyed working at Physical Therapy Your Way since May 2019. He enjoys assisting his patients and clients achieve their goals using a blend of strength and mobility training that is tailor-fit to their needs.



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