

## *Private topics are our specialty.*

Many men's health issues have their origins in the pelvic floor muscles. When these muscles become weak or carry excess tension, they produce a variety of uncomfortable and even painful symptoms. We understand that talking about these symptoms can be embarrassing. We're here to help. Our therapists are specially trained to assist with conditions specific to men.

## *Our practice begins with you.*

Understanding what's going on with your pelvic floor muscles is the first step on the path to healing. We begin with a physical examination to determine the source of your pain or dysfunction followed by a plan toward recovery. Sometimes even a single visit will result in improvement. Our physical therapists are trained to recognize the unique physiology and dysfunctions specific to men so we can give you the support and treatment you need to manage your long-term physical well-being.



## *Where health and healing come together for you.*

We hope you begin to notice an improvement in your condition after your first visit.

A calm, comfortable atmosphere is the most conducive to effective treatment. You'll find it here.

Your activities and your passion are at the core of our focus on treatment.

Our therapists have expertise and experience in a wide range of activities, so we understand where you're coming from and where you want to go.

Long-term success begins with a focus on a home program. We understand what you need to progress rapidly.



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West Portland Physical Therapy Clinic LLC

# Men's Health



# Understanding pelvic floor muscles can improve a variety of men's health issues.



## ***Urinary Tract Dysfunctions***

Urinary problems can include incontinence (leaking or dribble), excessive frequency of more than seven times a day, hesitancy, or intermittent stream. We can often help you manage your symptoms in just a few weeks with treatment targeted specifically to address your concerns.

Your symptoms may be the result of a surgical procedure such as a radical prostatectomy or transurethral resection of the prostate (TURP) or your condition may be related to exertion or physical activity. We will collaborate closely with your physician or surgeon in order to rapidly improve your condition.

## ***Chronic Male Pelvic Pain***

Millions of men suffer from pelvic pain and related dysfunctions. While discomfort and pain are defining characteristics, men can also experience associated sexual and urinary problems. For many years the prostate was (and often still is) wrongly assumed to be the source of the pain and dysfunction. In fact, Chronic Pelvic Pain Syndrome rather than Chronic Prostatitis is more often the cause of the problem. Drugs and surgery have largely failed to alleviate these symptoms or address the cause.

***Helping you return to full health and activity is our first priority.***

## ***Understanding Pelvic Floor Muscles***

Pelvic pain and voiding dysfunctions can be mitigated or resolved with identification of patterns, relaxation training to regulate excessive tension, manual therapy to relax spasm and treat trigger points, stretching exercises, posture training, and biofeedback.

All men can benefit from a better understanding of their pelvic floor muscles and the role that they play in healthy living. But everyone is different, so your plan will be specific to your condition and needs.

You may be experiencing pain in areas such as the bladder, testicles, scrotum, prostate, rectum, penis, tailbone, or pain during or following ejaculation or orgasm. This pain or discomfort may be caused by excessive tension or spasm of the pelvic muscles, stress, trauma, or poor body mechanics.

***The road to recovery begins with an evaluation of your condition and a plan to alleviate your pain.***

## ***How We Treat***

We believe that successful treatment is the result of consistency in care. Our model is designed to foster this concept and is, frankly, unique in Portland. Typically, you will work with the same physical therapist throughout your rehabilitation. This partnership will help you achieve your goals, ensuring your progress is closely monitored and quickly address any issues or concerns to keep your recovery on track.