

On-Site Solutions

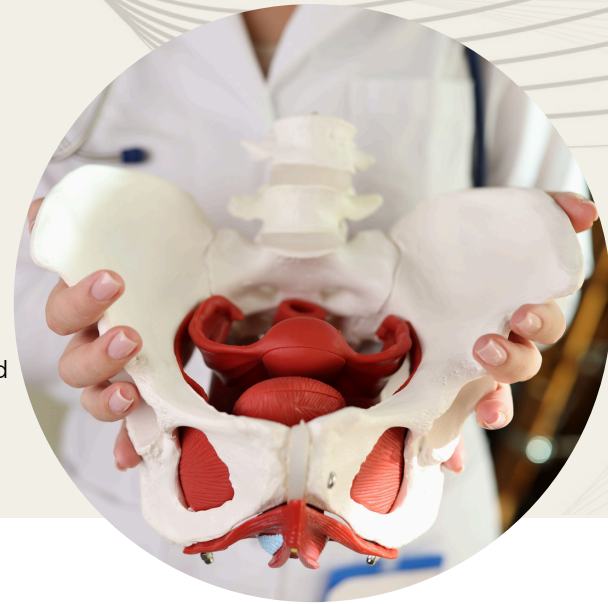
Leading your company and your employees to a life well lived



Pelvic Health

The pelvic region in men includes organs such as the bladder, prostate, rectum, and reproductive structures, as well as muscles, ligaments, and nerves. Although more commonly thought of as an issue relating to women, men can also experience issues in this area that impact their daily lives and overall wellness.

There are varying pelvic health concerns that affect men including urinary and fecal incontinence, constipation, rectal pain, pelvic pain, erectile dysfunction, and post-surgical recovery, such as after a surgery involving the prostate or testicles.



Lifestyle Tips for Pelvic Health

- **Stay Active:** Regular exercise can improve pelvic health. Focus on exercises that improve abdominal/core, glute, and/or hip strength. Emphasize your breath while exercising, try to exhale with each push, pull, or lift to ensure you do not feel a bulge or straining sensation.
- **Hydration and Nutrition:** Drinking adequate water (half your body weight in ounces of water), limiting, or cutting out caffeine, and eating fiber-rich and lean protein meals can help reduce bladder irritation and prevent constipation, which in turn reduces strain to the pelvic floor muscles.
- **Avoid Straining and Breath Holding:** Holding your breath and straining can worsen your symptoms; it's important to keep breathing when lifting and performing strenuous work.

When to Seek Help

If you experience any of the of the following it may be time to consult a primary care doctor, urologist, or physical therapist specializing in pelvic health:

- Frequent urination or difficulty controlling urination
- Difficulty with bowel control
- Erectile dysfunction or pain with erection
- Persistent pain in the lower back, pelvis, or genital area.

Working with a healthcare provider can address pelvic related issues through treatment options that may include:

- Pelvic floor physical therapy
- Lifestyle and behavior modifications
- Medications
- Minimally invasive procedures
- Cognitive behavioral therapy (CBT)
- Surgery
- Complementary and alternative therapies

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What is the Role of Pelvic Floor Physical Therapy?

Pelvic floor physical therapy is a specialized form of physical therapy that requires additional training. The physical therapist will perform an internal and/or external exam (depending on patient comfort level) to evaluate pelvic floor and abdominal muscle coordination and activation. This therapy can help address many pelvic health issues by improving muscle control, reducing pain, and enhancing function. Some of the benefits of pelvic floor physical therapy include improved bowel and bladder control, reduced pelvic pain, enhanced sexual health and function, and increased core stability and support for daily activities.



Bottom Line

With the right resources and proactive care, men can address pelvic health issues effectively. Consult with a healthcare provider for personalized advice and consider exploring pelvic floor physical therapy if you have symptoms affecting your daily life. Pelvic health is a key part of men's overall wellness, and specialized care is available to support a healthy, active life.

What Resources are Available?

Continence Foundation of Australia

Website: <https://www.continence.org.au/>

Provides education materials and resources on incontinence and other pelvic health issues

Men's Health Network (MHN)

Website: <https://www.menshealthnetwork.org>

Offers resources for men's overall health, including specific information on pelvic health concerns

It's important to find a physical therapist that you feel comfortable talking to - scan the QR code to find a pelvic floor physical therapist in your area.



Scan Me to Find Pelvic Floor
PTs in Your Area.

References:

Continence Foundation of Australia
Pelvic Floor First
APTA Pelvic Health

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to discuss injury prevention programs
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