

5 facts about male pelvic health



1



Preoperative physio leads to better continence outcomes after prostatectomy

Preoperative pelvic floor muscle training is associated with better patient outcomes and includes:

- electromyographic and ultrasound biofeedback
- providing urethral, rather than global or anal, cues or instructions.

2



Bedwetting is more likely to affect boys than girls

Bedwetting alarms have high long-term success rates in the treatment of persistent bedwetting in boys who may wet the bed because of:

- nocturnal polyuria
- reduced bladder capacity
- an overactive bladder.



3

Physiotherapy management may help decrease symptoms of urinary urgency

Treatments that can assist in the management of urinary urgency include:

- bladder retraining
- lifestyle modifications
- pelvic floor exercises
- electrical stimulation for neuromodulation
- medication
- drinking 1.5 litres of water per day
- moderating bladder irritants such as caffeine and alcohol.



4

Exercise can improve erectile dysfunction in men

Physios are well placed to improve erectile function in men by:

- helping them overcome other health and musculoskeletal issues in order to exercise above the recommended 60% heart rate intensity
- providing guided pelvic floor muscle training.



5

Personalised intervention may lead to improvements in persistent pelvic pain in men

Improvements in function and pain can be managed with symptom-oriented and personalised intervention including:

- patient education about chronic pelvic pain syndrome
- biofeedback training for correct muscle function
- myofascial release techniques
- bladder and bowel strategies
- graded physical activity.



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