

Male Pelvic Health

An estimated 8% to 10% of all men will suffer from pelvic pain at some point in their lives, according to statistics and at Complete PT Julie Maiers, PT has had specific training and help you reach your goals.

Our male patients often present with one or a combination of the following symptoms:

- penile/scrotal/perineal or anal pain
- post-ejaculatory pain
- erectile dysfunction
- tailbone pain/coccydynia
- pelvic pain that interferes with sitting and exercise
- urinary urgency, frequency and hesitancy
- decreased force of urinary stream
- constipation
- groin pain
- sacroiliac joint dysfunction

Associated Diagnoses

Commonly, our male patients are misdiagnosed with Chronic Nonbacterial Prostatitis, even though their cultures are often negative. Other diagnoses associated with Chronic Pelvic Pain Syndrome (CPPS) include:

- Pudendal Neuralgia
- Chronic Nonbacterial Prostatitis
- Interstitial Cystitis/Painful Bladder Syndrome
- Proctalgia Fugax
- Irritable Bowel Syndrome

If you are suffering from chronic pelvic pain, Complete PT can be an a valuable part of your recovery.

Following the physical examination, your physical therapist will discuss your physical findings, their assessment, and your prescribed treatment plan. This will include the suggested frequency and duration of physical therapy.

The treatment you will receive at Complete PT will be 100% one-on-one physical therapy. We communicate with all other providers as well as recommend any adjunct treatments that we believe can play a role in your healing.

Another important tenet of our care is patient communication. Prior to your first appointment and throughout the treatment process, you will have access to your PT to ask questions or discuss concerns. It is our commitment we will ensure that you receive the best treatment possible to meet your goals.