

Common doesn't mean that you have to live with it

- 1 in 5 men experience pelvic floor dysfunction
- 1 in 10 men experience pelvic pain syndrome
- Up to 20% of men experience incontinence after prostatectomy with residual symptoms up to 9-12 months post surgery

Abdominal, bowel/bladder, and sexual function can vary across the lifespan. The issues noted above, although common, can be difficult to talk about and largely become accepted as normal. Physical therapy is an effective first line treatment option to help you recover your strength, confidence, and intimacy. It starts by assessing how the 5 pillars of health affect your 5 S's of pelvic floor function.

5 Pillars of Health

1. Nutrition
2. Sleep
3. Exercise
4. Mindset
5. Community

5 S's of Pelvic Floor Function

1. Stability
2. Support
3. Sphincter
4. Sexual
5. Sump pump

At Kitsap Physical Therapy, we have 6 therapists who are trained in evidence-based protocols for Men's Pelvic Health offering location preference and convenience for patients.

Poulsbo Village (360) 779-3777

Kara Stadshaug PT, DPT, CLT, PHC

Silverdale (360) 613-1834

Emily Everett PT, DPT

Port Orchard (360) 895-9090

Megan Morris PT, DPT, PHC

Bremerton (360) 792-0105

Dana Jackson PT, MPT, OCS

Bainbridge Island (206) 842-6288

Hayley Siegenthaler PT, DPT, CLT, GC

Amanda Watson PT, DPT

To learn more or to schedule an appointment, visit www.kitsappt.com

kitsap
physical
therapy
AND SPORTS CLINICS

Men's Pelvic Health

Achieve optimal pelvic health fitness (including recovering intimacy) through nutrition, mindset and core stability and mobility

What to expect (the things they didn't teach in middle school health class)

Physical Therapy evaluation and treatment may include:

- Education on diet and nutrition that contribute to bowel, bladder and sexual health
- Review of bowel/bladder habits and techniques to reduce frequency, urgency or leakage
- Biofeedback to facilitate proper pelvic floor coordination and control and show you how your muscles are working
- Exercises (stretching and strengthening) to improve the function of the pelvic floor musculature, low back and hips
- Review of anatomy and physiology of intercourse
- Discussion and education in breathing patterns and posture that result in changes at the pelvic floor
- Manual therapy to address tightness in the muscles or abdominal viscera

Please be assured that your comfort is important and your therapist will not do any tests or treatments without your permission.

Program Goals

Physical therapy can:

- Give you control over your life and your bladder
- Reduce or eliminate the need for pads and/or medications required for incontinence, saving you MONEY
- Improve sexual function and desire
- Possibly prevent the need for surgery
- Restore normal movement patterns, decrease pain and improve overall quality of life



Is this program for me?

- Have you started with a medical screening and been told there is no infection or other known cause for your symptoms?
- Is your sleep disturbed >1 time per night to get up to go to the bathroom?
- Are you unable to hold your bladder for at least 2 hours between trips to the bathroom?
- Do you frequently feel the urge to use the bathroom and urinate >8 times/day?
- Do you leak urine:
 - since prostate or abdominal surgery
 - with the strong urge to urinate
 - when getting up from a chair
 - when coughing or sneezing?
- Has pelvic pain affected your ability to sit, sleep, have sex, work, or exercise?
- Do you get less than 30 minutes/day of moderate intensity exercise 5 days/week?

If you answered yes to TWO or MORE of these questions, this program could help you. Ask your provider for a referral today!