Male Pelvic Floor Rehabilitation

# Conditions which can be treated by a pelvic floor health specialist

* **Chronic pelvic pain syndrome (CPPS)** (See Dave’s Story below)
* **Chronic nonbacterial prostatitis**
* **Painful urination, hesitancy, or frequency**
* **Rectal or coccyx pain**
* **Pain during or after ejaculation**
* **Erectile dysfunction stemming from hypertonic or weak pelvic floor muscles**
* **Abdominal, groin, perineum, pubic or scrotal pain**

**Dave’s Story:**

In the beginning of 2017 I began to feel pain in my pelvic region. As the days and weeks passed my pain intensified and by the end of January I had trouble sitting down, and I was sleeping poorly. Naturally, I was worried and began meeting with doctors. All kind of scary scenarios started to form in my mind, including cancer. It was at a point in my life where I have to admit that the pressure I was putting on myself was not healthy. We had recently moved to Tokyo, there was a serious illness in my close family and my ambition to excel in my work all added to the pressure. If you asked me, I would say that I was fine, and that I’d always had a lot on my plate. Taking time off or doing less was not an option. I needed a solution, not a radical change of lifestyle. Being a person who likes a challenge and enjoys his work, I was not depressed or stressed out. I was simply in pain. After meeting with three different doctors, no one had come up with any other explanation but chronic prostatitis. I’m a 43 year-old man so it seemed like a feasible explanation. I was given medication and sent home. Two months later nothing had changed, and I felt as if no one took my pain seriously. It was at this point that I decided to look for an answer elsewhere.

Finding a PT like Mari was the best thing that could happen. She listened to me describe my pain, where it originated and how it changed during a day. For the first time, someone wanted to find the real cause of the problem and not just send me home with new painkillers. Mari began my treatment from two perspectives. First, through physical therapy in the pelvic region to relieve pain and get my muscles to relax. Second, to go through everything from my breathing to my posture and how I sit when I’m seated. All with the ambition to get me to change some muscular behavior that was the root of the issue. I’ve also been given numerous stretches to work on daily to relax the pelvic region.

I’ve learnt that pelvic pain is more common than you think amongst men and that you need to be patient and work consistently. More often than not, the pain has taken a long time to establish itself and is a sum of many parts rather than just the one bad habit. This also means that I have needed to be patient with my recovery. Although progress was fairly slow, it has been constant, and I felt improvement from day 1. Little by little I’ve been able to get back to doing sports again, and soon I’ll run my first marathon.

My advice to others out there with similar pain is to consult not only a traditional doctor but also a physiotherapist who specializes in pelvic health. Don’t accept your pain if you know something is wrong. It won’t solve itself with a warm bath and a week of vacation. I would not be close to “cured” if it had not been for Mari, and for that I am forever grateful.

 November, 2017