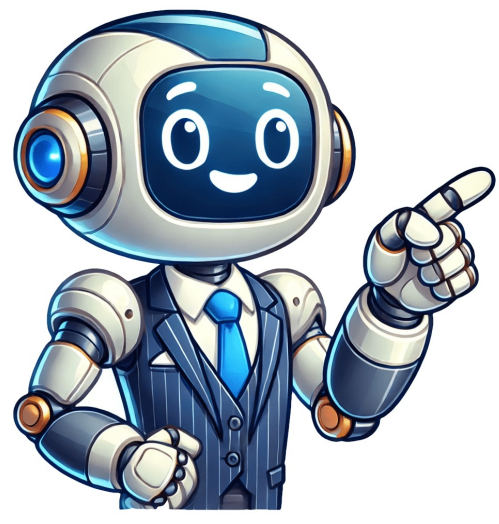


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Male pelvic floor exam video

Get a comprehensive understanding of what to expect from pelvic floor therapy for men. This article demystifies the process, discusses what happens during the first appointment, the potential for internal palpation, who will be in the room, and what to wear. It's a must-read for any man considering pelvic floor therapy.

Introduction

Hey there, it's Anthony Maritato, PT, here. I know that the idea of pelvic floor therapy can seem a bit daunting, especially for us men. The thought of discussing and addressing issues in such a private area can feel embarrassing. But let me reassure you, it's perfectly normal to feel this way. In fact, most men feel a bit awkward when they first hear about pelvic floor therapy. But here's the thing - pelvic floor therapy can be a game-changer for men dealing with conditions like incontinence, chronic pelvic pain, or erectile dysfunction. It's a specialized form of physical therapy that focuses on the muscles, ligaments, and nerves that support your bladder, rectum, and other pelvic organs. And yes, while it can feel a bit awkward at first, the benefits it can bring to your health and quality of life are immense.

In this article, I'm going to walk you through what to expect from pelvic floor therapy for men. We'll talk about the first appointment, the potential for internal palpation, who will be in the room, and even what to wear. My goal is to help you feel informed and prepared for your first appointment. So, let's dive in and demystify pelvic floor therapy. If you want to learn more about the basics of pelvic floor therapy for men, you can check out this article I wrote earlier.

What is Pelvic Floor Therapy?

So, what exactly is pelvic floor therapy? Well, it's a type of physical therapy that focuses on the muscles, ligaments, and nerves that make up your pelvic floor. These are the structures that support your bladder, rectum, and other pelvic organs. They play a crucial role in everything from urination and bowel movements to sexual function. Now, you might be wondering why this is important for men. The truth is, while pelvic floor issues are often associated with women (particularly those who have given birth), men can and do experience pelvic floor dysfunction. Conditions like chronic pelvic pain, post-prostatectomy incontinence, and erectile dysfunction can all be linked to issues with the pelvic floor. Pelvic floor therapy can help address these issues by strengthening the pelvic floor muscles, improving their coordination, and relieving any tension or tightness. It's a non-invasive approach that can often provide significant relief from symptoms and improve your quality of life.

Common conditions that might lead a man to seek pelvic floor therapy include:

- Chronic prostatitis or chronic pelvic pain syndrome
- Post-prostatectomy incontinence
- Erectile dysfunction
- Pelvic floor tension myalgia
- Pudendal neuralgia

Each of these conditions can have a significant impact on a man's life, affecting everything from his physical comfort to his sexual health. But with the right help and treatment, it's possible to manage these conditions and improve your quality of life. That's where pelvic floor therapy comes in.

First Appointment: What to Expect

Walking into your first pelvic floor therapy appointment, you might feel a bit nervous. That's completely normal. Let me walk you through what you can expect to help ease any anxiety.

First off, we'll start with a conversation. I'll ask you about your medical history, your current symptoms, and any specific concerns you might have. This is a crucial part of the process. It helps me understand what you're dealing with and how it's affecting your life. Open communication is key here. The more information you can provide, the better I'll be able to help you.

After we've talked, we'll move on to the physical examination. This might involve a few different components, depending on your symptoms and what we've discussed. I might ask you to perform certain movements or exercises to assess your muscle strength and coordination. This could include things like squats or leg lifts. In some cases, I might also need to do a manual examination. This could involve palpating (or feeling) the muscles in your pelvic area, including potentially an internal examination. I know this might sound a bit intimidating, but I assure you, it's done in a professional and sensitive manner. And of course, any examination will only be done with your full consent. The goal of this first appointment is to get a comprehensive understanding of what's going on and how we can best address it. It's all about setting the stage for your treatment and getting you on the path to better health.

Will There Be Internal Palpation?

One question that often comes up when discussing pelvic floor therapy is whether there will be internal palpation. I understand that this can be a source of anxiety for many men, so let's talk about it. Internal palpation is a technique where the therapist uses their fingers to feel the muscles and tissues inside your body. In the case of pelvic floor therapy, this would involve feeling the muscles of the pelvic floor via the rectum. The goal is to assess the tone, strength, and coordination of these muscles, as well as to identify any areas of tension or discomfort. Now, I know that might sound a bit daunting. But let me reassure you - if internal palpation is necessary, it will be done in a professional and sensitive manner. Your comfort and consent are our top priorities. We'll explain the process thoroughly beforehand, and you'll have the opportunity to ask any questions you might have. If at any point you're uncomfortable, you can ask to stop. Remember, the goal of pelvic floor therapy is to help you improve your health and quality of life. Every aspect of the therapy, including any potential internal palpation, is geared towards that goal.

Who Will Be in the Exam Room?

Another common question is about who will be present during the examination and treatment sessions. This is a very personal type of therapy, and it's understandable that you might have concerns about privacy. Typically, it will just be you and the therapist in the room during your sessions. If it's your preference, you can also have a family member or friend accompany you. However, it's important to note that the focus is always on ensuring your comfort and privacy. The sessions are conducted in a private, closed room, and we take all necessary steps to ensure your modesty is respected at all times.

Confidentiality is also a key part of the process. Any information you share with your therapist, whether it's during the initial conversation or during the treatment sessions, is kept strictly confidential. Our goal is to create a safe and comfortable environment where you can focus on your recovery. Remember, if you have any concerns or questions about privacy or confidentiality, don't hesitate to bring them up. We're here to help you, and that includes addressing any worries you might have.

What Should I Wear to the Exam?

When it comes to what to wear to your pelvic floor therapy sessions, comfort is key. You'll want to choose clothing that's easy to move in and that you feel comfortable wearing. Loose, comfortable pants or shorts are a good choice, as they can easily be pulled down or removed if necessary for the examination or treatment. Underneath, you might want to wear underwear that you're comfortable in. Remember, the goal is to make the process as easy and comfortable for you as possible.

On top, a regular t-shirt or sweatshirt is fine. You'll want to be warm enough, but keep in mind that you might be doing some exercises as part of your therapy, so you don't want to overheat. Finally, don't forget about your feet! Socks can help keep your feet warm, especially if you'll be removing your shoes during the session. Remember, the most important thing is that you feel comfortable and at ease. If you have any questions about what to wear, don't hesitate to ask.

Overcoming the Embarrassment

Feeling a bit embarrassed or awkward about pelvic floor therapy is completely normal. After all, it involves discussing and addressing issues in a very private area of the body. But there are strategies you can use to help overcome these feelings.

Firstly, remember that your therapist is a professional. They've seen it all before, and they're not there to judge you. They're there to help you improve your health and quality of life. Try to view the therapy as you would any other medical treatment. It's just another part of healthcare, even if it does involve a more personal area of the body. Open communication can also be a big help. If you're feeling uncomfortable or embarrassed, let your therapist know. They can provide reassurance, adjust the treatment as necessary, and help you feel more at ease.

Finally, try to focus on the benefits of the therapy. Yes, it might feel a bit awkward at first, but the potential improvements to your health and quality of life are well worth it. Whether you're dealing with incontinence, pelvic pain, or sexual dysfunction, pelvic floor therapy can offer significant relief and help you get back to living your life to the fullest. Remember, it's okay to feel embarrassed. But don't let that stop you from getting the help you need. Your health is worth it.

Conclusion

So, there you have it. That's a rundown of what to expect from pelvic floor therapy for men. From the first appointment to the potential for internal palpation, we've covered the key points you need to know. Yes, pelvic floor therapy can feel a bit awkward at first. But remember, it's a crucial part of healthcare for many men. Conditions like chronic pelvic pain, post-prostatectomy incontinence, and erectile dysfunction can all be effectively managed with pelvic floor therapy. And the benefits - improved health, reduced discomfort, better sexual function - are well worth a bit of initial embarrassment.

So, if you're dealing with any of these issues, I encourage you to consider pelvic floor therapy. Don't let embarrassment stand in the way of your health. You're not alone in this, and there's help available. Take that first step, and start your journey towards better pelvic health today.

Anthony Maritato, PT

Physical Therapist

Hi, my name is Anthony Maritato, PT and I wrote this article. I have been a physical therapist since 2006 and a content producer since before I can remember. I am passionate about the profession of physical therapy and this website is my chance to contribute in some small way to helping amazing physical therapists gain exposure and influence in the healthcare community. If you are a therapist like me please consider creating your own, personal profile so that more prospective patients have a chance to learn more about you and how you can help. Visit Total Therapy Solutions for more information about Total Knee Replacement Physical Therapy.

Contact Anthony Maritato, PT

Men/penis owners have pelvic floor muscles just like women/vagina owners. These muscles work in the same way to control bladder, bowel, and sexual function. They attach in the front of the pelvis at the pubic bone and surround the base of the penis, urethra, and anal opening to attach in the back at the tailbone. The pelvic floor muscles make up the perineum, also known as the "taint", "gooch", or "chad". How can I find my pelvic floor? The instructions I typically give to contract the pelvic floor muscles (like a kegel) are: Squeeze like you are stopping urine/gas. Tighten like you are jumping into a cold pool of water. Contract the muscles that lift your penis. What is a male pelvic floor exam? Typically a pelvic health physical therapist will check all of the pelvic floor muscles located externally and internally. They are checking to see what the muscles do at rest, what they do when you contract or "kegel", and what they do when you push or bulge. They are also checking for any tender points or trigger points within the muscles. The therapist will use gloved fingers to press on the pelvic floor muscles from the outside of the pelvis looking for tenderness or tension in the muscles. They will then use a lubricated, gloved finger to assess the muscles internally through the rectum. This is similar to a prostate exam; however, the physical therapist is not checking the prostate but instead is focused on the pelvic floor muscles. Check out our blog to find out more about the internal pelvic floor muscle exam. Should I see a pelvic health physical therapist? If you are having any symptoms related to bladder, bowel, and sexual function, you will benefit from an evaluation with a pelvic health physical therapist. These symptoms include things like: pain in the genitals (penis, testicles, scrotum), painful urination and bowel movements, bladder pain/prostatitis, urinary frequency and urgency, urinary or fecal incontinence, constipation / excessive pushing or straining. Pelvic floor dysfunction often correlates with groin pain, hip pain, and lower back pain. If you have been addressing these symptoms with other therapies and are not finding relief, we highly recommend seeking care with a pelvic health PT. Here's what pelvic floor dysfunction is, what a pelvic floor physical therapist does, and what you can expect during an appointment with one. Pelvic floor dysfunction is a condition commonly experienced by men and women of all ages. It's caused by lack of control of the muscles in your pelvic floor. There's a range of symptoms that you may be experiencing, from painful bowel movements to painful sex. It's unnecessary to live with these life altering symptoms given the amount of solutions that are available! A pelvic floor physical therapist specializes in treating and relieving symptoms caused by pelvic floor conditions—such as peeing, pooping, and sexual function. They are dedicated to learning about your urologic, sexual, and colorectal ailments and working with you to improve the function of your pelvic muscles and everyday life. Nobody should struggle in silence with pelvic floor issues. An appointment with a pelvic floor physical therapist is very similar to a traditional physical therapy appointment. There are two components to the initial consultation: an interview to learn about you and what you're experiencing, and a physical exam. Your physical therapist is looking to understand what aggravates and eases your symptoms with a goal of establishing the best fit treatment for you. Your PT will begin by asking you questions to get to know you and evaluate the current state of your pelvic floor. You can expect to receive questions about bowel and bladder habits (eg. urinary and fecal incontinence, painful bowel movements, and constipation) as well as sexual history (eg. painful erections, painful ejaculation, and pain with sex). They'll be looking to understand your day to day symptoms as well as your goals with physical therapy. After the interview, your therapist will conduct a physical exam to assess your lumbopelvic region, hips, and other regions. A large part of the examination is external. It will include a thorough examination of movements that will challenge your pelvic floor to gather baseline data for strength and range of motion. If you're comfortable and ready for it, your physical therapist may perform an external exam of your genitals, perineum and anal region. Note: This isn't always necessary during your first visit. Once you are ready to move forward, your therapist will show you models of the human body and explain each step of the evaluation. Given consent, you'll be advised to remove any clothing below your waist (while your therapist steps out of the room) and cover yourself up with a sheet. You're welcome to keep your genitals covered during the entirety of the exam while your perineum region is being observed. You'll be prompted to contract and relax your pelvic floor muscles under your therapist's observation. Following the external exam, there may be an internal exam if deemed necessary given your symptoms. This part of the exam will only be conducted given your consent, you are able to end it at any time if you feel uncomfortable. The internal exam is conducted via the rectum to survey the pelvic floor muscles and can provide important information for you and your clinician. This part of the exam tends to be easier than many people expect, and there are many things your therapist will do to make the experience more comfortable—including lubrication and adjusting your position as needed. Once the exam is finished, you can look forward to information about what you can expect from working with your physical therapist and self management strategies that will empower you to get back to living normally. Solutions Features Resources Watch Best of the Year Browse Videos Staff Picks Categories Channels On Demand Pricing Contact Sales To continue, please confirm that you're a human (and not a spambot). vimeo.com needs to review the security of your connection before proceeding. Share — copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt — remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. 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