

Rehabilitation and Injury Care

Men's Health



Men's Health is an area of physical therapy that specializes in the rehabilitation of the pelvic floor throughout a man's life. When the muscles of the pelvic floor weaken, or hold excess tension, they produce a variety of symptoms that range from urinary/fecal incontinence to pelvic pain. With the percentage of male pelvic floor pain and urinary incontinence rising over the years, the role of men's health physical therapy has never been more valuable!

Sutton Place Physical Therapy understands the topic of men's health may be a bit difficult to discuss and that the process of reaching a pelvic floor diagnosis may have been a lengthy one, but the physical therapists at Sutton Place PT are here to help. Our men's health team has been properly trained in treating men with pelvic floor dysfunction as well as injuries that have not responded to conventional physical therapy approaches.

Types of Men's Pelvic Floor Dysfunction include:

- Hands-on manual techniques to restore appropriate muscle length tension and relieve muscle spasm
- Retraining pelvic floor muscle coordination
- Whole body strengthening and stability training

- Movement & Posture Correction
- Education of symptom relieving tools to empower each patient with self-recovery
- Pelvis Pain & Sexual Pain Dysfunction
 - ◆ Chronic Pelvic Pain Syndrome
 - ◆ Chronic Prostatitis
 - ◆ Pudendal Neuralgia
 - ◆ Pain with Erection/Ejaculation/Post Ejaculation
 - ◆ Testicular, Scrotal, Penile and/or Groin Pain
- Bowel & Bladder Dysfunction
 - ◆ Interstitial Cystitis
 - ◆ Urinary Urgency/Frequency
 - ◆ Urinary Retention
 - ◆ Urinary Incontinence
 - ◆ Bowel Urgency/Frequency
 - ◆ Fecal Incontinence
 - ◆ Chronic Constipation
- Post-Surgical Rehab
 - ◆ Post-Prostatectomy Urinary Incontinence
 - ◆ Adhesions/Scar tissue after abdominal or cancer-related surgery
- Musculoskeletal Dysfunction
 - ◆ Coccyx/Tailbone Pain
 - ◆ Lumbosacral Pain
 - ◆ Abdominal Wall Hernia
- Low back, hip, groin, pelvic pain that have not resolved with conventional treatment

Call Sutton Place Physical Therapy today to learn how we can help you.