

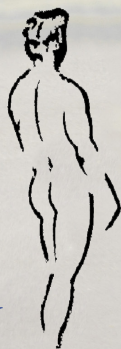
Do You Have:

- Pain in your pelvis, low back or hips?
- Surrounding groin or genital pain that worsens with sitting?
- Trouble with urination, defecation, or sexual intercourse?
- Urinary or fecal frequency and strong urgency to void?
- Urinary or fecal leakage with coughing, sneezing or laughing?
- Leakage or pain associated with cancer-related treatments?

If so, you may benefit from pelvic floor rehab!

Sutton Place

Physical Therapy



Sutton Place

Physical Therapy



Additional Services:

- Aquatic Physical Therapy
- Massage
- Neurological Diseases
- Orthopedic Injuries
- Pilates
- Pre and Post-Op Orthopedics
- Vestibular Rehabilitation

Sutton Place

Physical Therapy



Men's Health &
Pelvic Floor Disorders



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What is 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 lifetime. 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 in recent years, the role of men's health physical therapy has never been more valuable!

We understand 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 haven't responded to conventional physical therapy approaches.



Types of Pelvic Floor Dysfunction

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

Treatments

- 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

If you or someone you know may benefit from men's health physical therapy, schedule a consult with us!

Regain control of your body at Sutton Place PT where a physical therapist with expertise in pelvic floor dysfunction will work 1-on-1 with you to improve your symptoms and aid in your road to recovery.

