

# MEN'S HEALTH

Pelvic Floor  
Specific Health  
Impairments

Presented by:

Amy Hummel, MS PT and Greg Burfeind, MD



**Beartooth Billings Clinic**



**Beartooth Billings Clinic**

## WHAT IS MEN'S HEALTH?

Good sleep

Smoking cessation

Increased physical activity

Health eating

Stress reduction

Regular medical Checkups



BMI

cholesterol

blood pressure

cardiovascular disease

colorectal cancer

Other cancers: prostate, lung, skin, oral

Sexually transmitted diseases

depression

Abdominal aortic aneurysm

diabetes

tobacco use

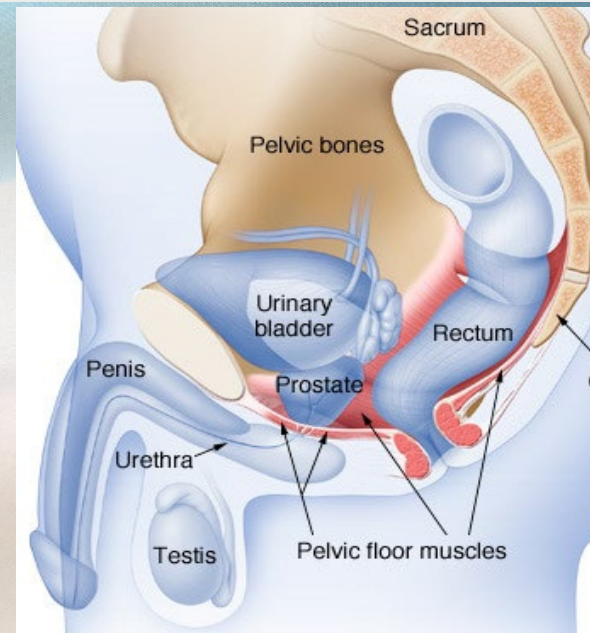
## COMMON PREVENTATIVE SCREENING AND/OR TESTS FOR MEN





Beartooth Billings Clinic

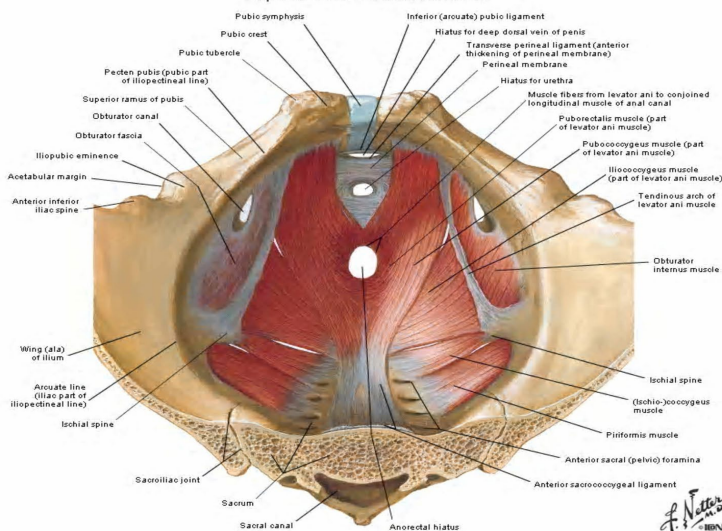
# WHAT DOES PELVIC FLOOR HEALTH HAVE TO DO WITH MEN'S GENERAL HEALTH?



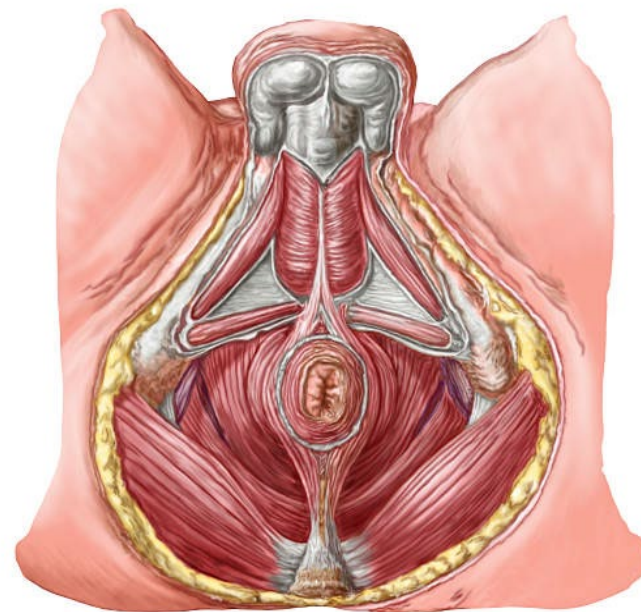
© MAYO FOUNDATION FOR MEDICAL EDUCATION AND RESEARCH. ALL RIGHTS RESERVED.

Plate 345

## Pelvic Diaphragm of Male Superior View - Viscera Removed



©2003 Icon Learning Systems All Rights Reserved.



Bladder and Urination

Prostate

Gastrointestinal and Bowel  
Function

Testicular Health

Erectile Function and Sexual Health

Pain with Sexual Intercourse

Pelvic and Abdominal Pain

Low Back Pain

Post surgical rehab

## PELVIC FLOOR HEALTH IMPAIRMENTS





**Beartooth Billings Clinic**

## PELVIC FLOOR MUSCLES:

### ANATOMY & FUNCTION

**Pelvic Floor Muscles (PFM):** a group of muscles that span across the bottom of the pelvis attaching the pubic bone to the tailbone and attaching to the front of the pelvis.

**Function:** they play a large role in “control” or continence of urination and defecation (bowel movement) as well as allowing intentional urination/defecation through relaxation of these muscles.

**Additional roles:** support pelvic organs, facilitate erection and sexual pleasure, support bony pelvis, act as “pump” for venous/lymphatic flow, and work with abdominals muscles to support body and posture



**You're not the only  
one doing their  
Kegels! I'm doing  
mine right now.**

**VelvetBox**

# URINARY AND BLADDER HEALTH

Urinary incontinence

Voiding Difficulties/Urinary  
Retention

Overactive bladder

Prostatitis/ Prostate  
Cancer, Prostatectomy

Painful Urination



Go with the flow.



**Beartooth Billings Clinic**

# GASTROINTESTINAL AND BOWEL HEALTH

Fecal/Stool incontinence

Voiding  
Difficulties / Constipation

Fecal Urgency

Tail bone pain

Painful Bowel Movements





GENITAL HEALTH  
AND  
SEXUAL FUNCTION



Testicular and or Scrotal Impairments

Penile or Scrotal Pain

Erectile Dysfunction

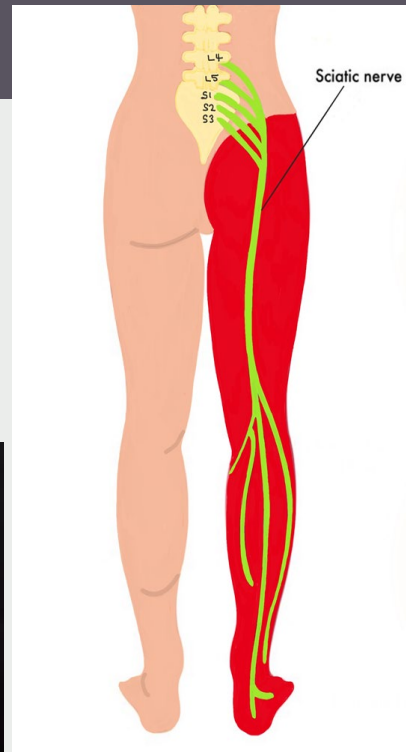
Ejaculatory Pain

Numbness/Tingling  
(saddle region or scrotal/groin region)



Beartooth Billings Clinic

## OTHER ABDOMINAL AND PELVIC PAIN



Diastasis Recti

Hernias

Lumbar or Thoracic Back Pain

Sacroiliac joint or tailbone pain

Hip or groin pain

Numbness/tingling  
(flank and groin region)

Sciatica

Pudendal neuralgia

General abdominal Pain  
(Post surgery, IBS)

Neurological Diagnoses  
(MS, CVA, PD)

Hip, pelvis, and/or back  
surgery

Surgery to pelvic organs or  
gastrointestinal system

Cardiovascular Disease

Diabetes

Trauma

## COMMON DIAGNOSES THAT CAN AFFECT PELVIC FLOOR HEALTH AND FUNCTION





Beartooth Billings Clinic

Do not ignore them or resign them to “aging process” as cause of symptoms.

Have an examination with your physician ASAP

-share all symptoms you are experiencing whether you feel major or minor

-Further tests may be needed: blood work, imaging, referral out to provider specialist, referral out to pelvic floor rehab

## TREATMENT

Where do I start if I have symptoms?



## PELVIC FLOOR PHYSICAL THERAPY EVALUATION

Medical and subjective history intake and review

Functional Outcome Measure (handout) assessment

Examination:

- Orthopedic
- Neurological Assessment
- Pelvic Floor Muscle External and/ or Internal Assessment





**Beartooth Billings Clinic**

## PHYSICAL THERAPY EVALUATION

ROM and strength

Skin, muscle, connective tissue,  
visceral (organ) mobility

Joint mobility, posture, breathing  
patterns.

Bowel, bladder, and sexual  
patterns

Dietary and medication  
influences

General mobility, gait (walking),  
and activity patterns



## PHYSICAL THERAPY TREATMENT



Pelvic floor Muscle Retraining

Exercises

Bladder and Bowel Re-training

Manual Therapy Techniques  
(IASTM, dry needling, cupping, MFR)

Specialty Treatments  
(Visceral mobilization, craniosacral therapy)

Real Time Ultrasound Imaging

Biofeedback

Electrical Stimulation

Education on Lifestyle Modifications

- Bladder/bowel/sexual health routines
- Dietary/fluid intake

- Behavioral strategies
- Downregulation Nervous System
- Breathing Techniques
- Daily ADL modifications



QUESTIONS??



**Beartooth Billings Clinic**

Beartooth Billings Clinic  
Greg Burfeind, MD  
406-446-2345

Beartooth Billings Clinic-Joliet Physical Therapy  
Amy Hummel, MS, PT  
406-962-9860  
[ahummel@beartoothbillingsclinic.org](mailto:ahummel@beartoothbillingsclinic.org)