



THE BODY REFINERY

Men's Health

MOST COMMON LUTS IN MEN

1. Nocturia 48.6%
2. Storage 51.3%
3. Voiding LUTS 25.7%
4. Post-micturition dribble 16.9%
5. Overall OAB 11.8%
6. All urinary incontinence 9.4%

WHO AND WHEN TO SEND TO PHYSIOTHERAPY

- Men with any continence issues
- Men with storage symptoms
- Men with voiding symptoms
- Men with Chronic Pelvic Pain Syndrome

HOW PELVIC HEALTH PHYSIOTHERAPY CAN HELP

- Bladder diary: ideally 3 consecutive days
- Education
- Bladder training
- Urge deferral strategies/Bladder calming techniques
- Voiding position/defaecating position
- PFM contraction/milking
- Post Void Residual measurements
- Biofeedback and Real-time Ultrasound

EDUCATION

- Life-style changes
- Type and timing fluid
- Bladder training
- Urgency management
- General Exercise



OTHER PHYSIOTHERAPY STRATEGIES

- Voiding position
- Bowel management
- Defaecating position and dynamics
- Constipation
- IBS
- Posterior Tibial Nerve Stimulation (Transcutaneous approach)

WHEN TO REFER MEN FOR CONTINENCE AND MEN'S HEALTH PHYSIOTHERAPY:

- Men who are undergoing radical prostatectomy (4 weeks prior)
- Men who had undergone radical prostatectomy
- Men who are undergoing radiotherapy for prostate cancer
- Men with any faecal incontinence issues
- Men with storage symptoms (increased urgency and frequency)
- Men with voiding symptoms
- Men with Chronic Pelvic Pain Syndrome

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OPENING HOURS

Monday - Thursday	7:00 am - 6:30 pm
Friday	7:00am - 4:00 pm
Saturday	7.30 am - 2:00 pm
Sunday	Closed