

Men's Pelvic Health Physical Therapy

Potential Effects of Cancer Interventions on the Pelvic Floor in Men

SURGERY

- Urinary and/or fecal incontinence or urgency
- Abdominal pain
- Pelvic pain
- Erectile dysfunction
- Scar tissue accumulation
- Lymphedema

HORMONE THERAPY

- Urinary and/or fecal incontinence or urgency
- Painful intercourse
- Stretching or weakening of the pelvic floor muscles
- Constipation
- Diarrhea

CHEMOTHERAPY

- Erectile dysfunction
- Shrinking of testicles and penis
- Loss of muscle tone/strength
- Reduced libido

RADIATION THERAPY

- Scar tissue accumulation
- Painful intercourse
- Difficulty achieving orgasm
- Urinary and/or fecal incontinence or urgency
- Painful urination
- Pelvic pain
- Abdominal pain
- Constipation
- Diarrhea
- Lymphedema

Therapeutic Options

Pelvic floor physical therapy helps to manage the effects of cancer treatment. Biofeedback and exercises encourage relaxation and strengthening

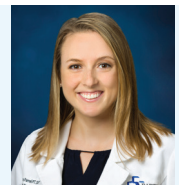
of the lower pelvic muscles. Massage and manual therapy techniques stretch and release the connective tissue between the skin, muscles, and bones in your pelvic region. These treatments help to address sexual problems, incontinence, and pain by improving pelvic muscle and tissue health. Typically, several weeks to months of pelvic floor physical therapy is needed to help improve outcomes.

Prehab for Prostate Cancer

For those undergoing prostate surgery, research shows that physical therapy-guided pelvic floor muscle training prior to a prostatectomy can help reduce the duration and severity of urinary incontinence.

Meet your Therapist

Jana Parnell, PT, DPT, WCS, graduated with her doctorate in physical therapy from the University of North Florida and went on to complete a post-graduate pelvic health residency. She is board certified by the American Board of Physical Therapy Specialties. Born and raised in Jacksonville, FL, Jana has a passion for bringing pelvic health services to the First Coast.



Schedule an Appointment

Baptist Rehabilitation strives to provide optimal rehabilitation and improve your quality of life through specialized, compassionate treatment and thorough education. Speak with your Baptist MD Anderson Cancer Center physician to learn more about how physical therapy can benefit you and to request a referral.