

MALE PELVIC PAIN
COMBINED SECTIONS MEETING
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8 pages

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Objectives

- ▲ *Identify appropriate candidates for treatment*
- ▲ *Enhance awareness of diagnoses*
- ▲ *Become familiar with treatment interventions*

Anatomy

- ▲ *Bony*
- ▲ *Ligamentous*
- ▲ *Muscular*
- ▲ *Visceral*
- ▲ *Neuro*
- ▲ *Vascular*

Internal Evaluation of Pelvic

Floor Muscles

- ▲ *“Internal examination of pelvic floor muscles is consistent with physical therapy practice.*
- ▲ *It complies with the national physical therapy policies requiring the performance of tests and measurements of neuromuscular function as an aid to the evaluation and treatment of a specific medical condition.”*

Pelvic Assessment

- ▲ *Gloves and lubricant*
- ▲ *Palpate levators*
- ▲ *Patient bears down*
- ▲ *Muscle contraction*
- ▲ *Anal wink*
- ▲ *Prostate*
- ▲ *Sphincter tone*
- ▲ *Coccyx*

Strength

- ▲ *Finger inserted 4-6cm into rectum*
- ▲ *Supine*
- ▲ *Head elevated 20 degrees*
- ▲ *Hip flexion and abduction*
- ▲ *Knee flexion*

Contraindications

- ▲ *Cancer*
- ▲ *Rectal bleeding*
- ▲ *Irritated hemorrhoids*
- ▲ *Recent surgery*
- ▲ *Diarrhea*
- ▲ *Patient refusal!*

Diagnoses:

- ▲ *Prostatitis*
- ▲ *Proctalgia fugax*
- ▲ *Interstitial cystitis*
- ▲ *Coccydynia*
- ▲ *Levator ani syndrome*

Diagnoses:

- ▲ *Peyronie's disease*
- ▲ *Post-op vasectomy pain*
- ▲ *Epididymitis*
- ▲ *Pudendal neuralgia*

Diagnoses:

- ▲ *Pelvic floor tension myalgia*
- ▲ *Irritable bowel syndrome*
- ▲ *Groin strain/pain*
- ▲ *Pelvic fractures*

Subjective Assessment

- ▲ *Pain*
- ▲ *Urinary function*
- ▲ *Sexual function*
- ▲ *STD's*
- ▲ *Meds*
- ▲ *Other interventions*

Treatment Interventions

- ▲ *Stretching*
- ▲ *Muscle energy*
- ▲ *Cardiovascular exercise*
- ▲ *Hot baths*

Treatment Interventions

- ▲ *Myofascial techniques*
- ▲ *Connective tissue manipulation*
- ▲ *Modalities*
- ▲ *Relaxation*
- ▲ *Prostate massage?*

Home Exercise Program

- ▲ *Soft tissue techniques*
- ▲ *Stretching*
- ▲ *Exercise*
- ▲ *Heat*

ICD-9 Codes

- 602.8 Prostatodynia*
- 601.1 Prostatitis-chronic*
- 789.09 Pelvic pain-male*
- 595.1 Interstitial cystitis*
- 788.41 Frequency/uregencyurinary*
- 604.90 Epididymitis/orchitis*

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