

## Men's Health / Continence

In the Bon Secours our men's health / continence team is led by Senior Physiotherapist in Women's / Men's Health & Continence , Margaret McDonald MISCP

Men's health issues can appear at any age. Our men's health physiotherapists provide treatment for incontinence, pain relief and pelvic floor rehab.

- Urinary incontinence – including Overactive bladder, urgency incontinence, stress urinary incontinence post prostatectomy /post TURP\*
- Overactive bladder (including frequency, urgency, urgency incontinence)\*
- Anorectal incontinence(bowel (faecal) incontinence, incontinence of 'wind') \*
- Pelvic pain/ Chronic pelvic pain syndromes, pudendal neuralgia\*

• *GP/Consultant Referral needed.*

### ***Treatment/ Pelvic Floor Rehab***

Treatments are tailored to individual needs

Treatment for urinary incontinence includes correct pelvic floor exercise technique. This involves correct breathing technique and correct posture. Treatment of symptoms of overactive bladder may involve bladder training techniques also. Biofeedback and Neuromuscular-Electrical Stimulation may be indicated in some cases

Treatment for pelvic pain (including chronic pelvic pain syndromes, pudendal neuralgia) includes manual therapy; trigger point release, breathing techniques, posture correction pelvic floor release techniques.