



## **Male Pelvic Pain**

**By Patient Advocate Reporter: Sarah Paplanus, DPT**

**Beyond Basics Physical Therapy, New York, NY**

[www.beyondbasicspt.com](http://www.beyondbasicspt.com)

## **2016 IPPS Annual Meeting**

**Thursday October 12, 2016**

### **Basics Session**

#### **Male Pelvic Pain**

By Nel E. Gerig, MD

Director, Pelvic Solutions Center, Denver CO

### **SUMMARY**

Male pelvic pain accounts for 11% of visits to primary care physicians every year. In the past, men with pelvic pain were told that they had an infection of the prostate called prostatitis and given antibiotics.

Many men with pelvic pain, sexual dysfunction, and/or urinary symptoms, however, don't have an infection, but are still treated with antibiotics. It is important that only men with a documented infection should be treated with antibiotics. For men who have pain that has lasted for more than 3 to 6 months, antibiotics are rarely helpful.

Pelvic pain in men can have many causes beyond the prostate. Research has led to a new classification system to better direct treatment. Each male patient has a different set of factors that will affect their symptoms and how they heal. Pain symptoms can be affected by the brain, nerves, emotions and thoughts. The intestines, bladder, muscles, nerves and joints may all be involved in pain. Having tenderness or trigger points in the muscles of the abdomen, back and pelvis may make symptoms worse. All of these factors should be considered when treating male pelvic pain.