



Chronic pelvic pain in men

Chronic pelvic pain (CPP) is defined as pain, discomfort or pressure within or surrounding the pelvis, abdomen, genitalia or perineum that lasts for longer than 3 months with no known cause. CPP can occur in any age group and can affect up to 8% of men^{2,3}.

The cause of CPP is unknown and can range from infection, trauma, inflammation, muscular spasm, pelvic floor dysfunction and neurological changes³. It can stem from either the bladder, bowel, prostate, pelvic joints or muscles. Originally it may have started from one joint, organ or area and as pain persists it can progress to a neuropathic pain and/or muscular syndromes and becomes more complicated. By that time usually it can involve multiple areas.

Signs and symptoms will vary between individuals but can have a significant impact on their quality of life³. Research has shown that an increase in pelvic floor tension can often play a significant role in pelvic pain and influence bladder and bowel function¹.

Urinary Dysfunction	Bowel Dysfunction	Sexual Dysfunction	Musculoskeletal Dysfunction
Poor urine flow Hesitancy Frequency Urgency Dysuria Incomplete emptying	Pain with emptying bowels Incomplete emptying Constipation Bloating Rectal dyssnergia	Ejaculatory pain Erectile Dysfunction Premature Ejaculation Reduced sex drive	Coccyx pain/pain with sitting Lower abdominal pain Low back pain Groin pain Genital pain Perineal pain Pelvic floor spasms

Management usually involves multiple health professionals. Physiotherapy can offer a form of conservative management such as

- Correct activation and relaxation of the pelvic floor
- Address any bladder/bowel dysfunction
- Address any muscular and joint pain and encourage good posture
- Provide strategies to reduce pain

¹ Clemens JQ., Nadler RB., Schaeffer AJ., Belani J., Albaugh J & Bushmas W., 2000, Biofeedback, pelvic floor re-education, and bladder training for male chronic pelvic pain syndrome, *Urology*, 56 (6), pp 951-5

² Jason A. Ferris*, Marian K. Pitts*, Juliet Richters, Judy M. Simpson, Julia M. Shelley and Anthony M. Smith., 2009, National prevalence of urogenital pain and prostatitis-like symptoms in Australian men using the National Institutes of Health Chronic Prostatitis Symptoms Index, *British Journal of Urology*, vol 105;373-379

³ Schaeffer A., 2006, Chronic prostatitis and the chronic pelvic pain syndrome, *New England Journal of Medicine*, vol 355, pp 1690-8

¹ World Health Organisation (2000). Mastitis- causes and management.

² Cooper et al,(2015)Physical therapy intervention for treatment of blocked milk ducts in lactating women.

³ Victorian breastfeeding Guidelines(2014) Promoting breastfeeding- Department of Education and Early Childhood development

⁴ Spencer et al(2008.) Manage of Mastitis in breastfeeding women.

