



Men's Health

Patient information

Men's Health Physiotherapy Assessment

Please read this leaflet if you have a consultation booked with one of our specialist physiotherapists for a men's pelvic health assessment.

What to Expect

At your appointment, your physiotherapist will carry out a physical assessment tailored to your symptoms and goals. This may include:

- Joint range of motion testing (hips, pelvis, lower back)
- Strength assessments of key muscle groups
- Palpation of muscles to check for areas of tension or weakness
- Posture and movement analysis
- Soft-tissue relaxation techniques i.e. massage or trigger-point dry needling
- Joint mobilisation techniques to reduce stiffness / influence symptoms
- Advice and guidance on exercises, postural advice for work and your desired sports or activities, breathing techniques to influence symptoms

👉 There will be no internal examinations. Your privacy, comfort, and dignity are always respected.

What to Wear

Please wear loose-fitting clothing or comfortable gym wear to your appointment.

- Shorts or jogging bottoms are ideal for movement testing.
- A t-shirt or lightweight top will help with upper body movement checks.

Anything to Bring

If possible, please bring:

- Any referral letters
 - Any previous investigation results (e.g. MRI, ultrasound, surgical notes)
- These can help your physiotherapist better understand your history and plan treatment.

What Constitutes a Pelvic Floor Assessment?

Many men are surprised to learn that the pelvic floor muscles, although hidden, can be influenced by surrounding muscles.

Your pelvic health physiotherapist will explain that:

- The pelvic floor sits at the base of the pelvis, and while we cannot see or directly examine these muscles internally in this assessment, their function can be affected by the muscles and joints that attach to and move the pelvis.
- Tightness, weakness, or imbalance in the hips, glutes, abdominals, or lower back can all contribute to pelvic floor symptoms (such as discomfort, leakage, or difficulty with muscle control).

During your assessment:

- The physiotherapist will perform a musculoskeletal assessment of your hips, pelvis, and lower back.
- They will look for tight or weak muscles that may be placing extra load on the pelvic floor.
- Together, you will create a treatment plan, this may include targeted stretching, strengthening, or relaxation exercises to reduce pain, and restore balance and function.

Men's Health Ultrasound Assessment with Specialist Physiotherapist

Please read this leaflet if you have a consultation booked with one of our specialist physiotherapists who are trained in the use of real-time ultrasound for a men's pelvic health assessment

What is a Men's Health Ultrasound Assessment? This is not a diagnostic scan.

At your appointment, your physiotherapist will use real-time ultrasound imaging as a biofeedback tool to assess how your pelvic floor muscles are working. This type of scan is not used to diagnose internal pathology, but rather to help you understand and improve your pelvic floor muscle control.

This form of imaging allows you to see your pelvic floor muscles working in real-time, which can be extremely useful in learning how to correctly activate, relax, and coordinate the muscles responsible for continence, pelvic support, and core stability.

What can this scan help with?

Men's Health Ultrasound is commonly used to support the rehabilitation of symptoms such as:

- Urinary leakage (incontinence)
- Urgency and frequency
- Pelvic pain
- Recovery following prostate surgery
- Erectile dysfunction or pelvic floor weakness

The scan helps you understand when and how to engage the correct muscles during different activities. It supports your physiotherapy treatment and guides both you and your clinician during your rehabilitation journey.

What this ultrasound is NOT for

This ultrasound is not a medical or diagnostic scan, and will not be used to assess or diagnose:

- 'Lumps and bumps'
- Suspected cancer or growths
- Vascular conditions (e.g. DVT)
- Internal pelvic or abdominal pathology

These require highly specialised training and is outside of the scope of the clinician that you will be seeing. If there are any queries or concerns, or if you are aware of any 'lumps or bumps', you will require onward referral to a specialist department in order for this to be medically investigated.

What can I expect at the appointment?

Your physiotherapist may perform the scan in one of two ways: either trans-abdominally, which involves placing the ultrasound probe on your lower abdomen, or transperineally, which involves placing the probe on the area between the anus and the scrotum. Both approaches are entirely external and non-invasive.

We recommend wearing loose-fitted clothing to your appointment, such as a t-shirt or shorts. However, please don't worry if you are not able to, your clinician will work with whatever clothing you're comfortable in. You will not need to undress completely, and there will be no internal examinations. Your privacy, comfort, and dignity will be maintained and respected at all times throughout the appointment.

What happens to the images?

The ultrasound images are used in real-time during the session to assist with your pelvic floor retraining. Images are not routinely stored. If needed for clinical reference, your physiotherapist may capture images with your consent as part of your treatment notes and when relevant or required, we will embed images within letters and reports. They can also be made available to you upon written request.

Consent and confidentiality

You will be asked for your verbal consent before using ultrasound. All information shared during the session is confidential and handled in accordance with GDPR regulations.

Questions?

If you have any queries about your upcoming appointment, please contact us at:

✉ info@complete-physio.co.uk

☎ 020 7482 3875

🌐 www.complete-physio.co.uk