Physiotherapy for Men's Health

2-Day Course
Conservative Treatment of
Urinary Incontinence & Erectile Dysfunction
by Professor Grace Dorey PhD FCSP
UK Chartered Physiotherapist

Looking after every man!

Introduction

URINARY INCONTINENCE
One in ten men experiences the embarrassment and humiliation of urinary incontinence. Many more suffer urinary leakage after prostate surgery for either benign prostatic hyperplasia or particularly prostate cancer. Male incontinence can be classified into a number of different types which include stress urinary incontinence, urge urinary incontinence and post-micturition dribble. Urinary incontinence can be helped with simple pelvic floor exercises, urge suppression techniques and the correct advice.

ERECTILE DYSFUNCTION
Many men have difficulty gaining or maintaining erections and the prevalence increases with age. Erectile dysfunction is the inability to achieve or maintain an erection sufficient for satisfactory sexual performance for both partners. The exact prevalence of erectile dysfunction is unknown. Erectile dysfunction affects more than 20% of men under 40 years of age, more than 50% of men over 40 years of age and more than 66% of men over 70 years of age.
Erectile dysfunction may be caused as a result of insufficient blood reaching the penis, weak pelvic floor muscles, inability of the muscles within the penis to relax, hormonal abnormalities, nerve involvement, and psychogenic factors. Some medication is related to erectile dysfunction. It may affect greater numbers of men with existing co-morbidities such as hypertension, heart disease and diabetes mellitus. Other risk factors include accidental trauma, trauma from surgery, and radiation therapy. Lifestyle-related factors include cigarette smoking, chronic obstructive lung disease, alcohol abuse, drug abuse, bicycling and horse riding. Erectile dysfunction always has a psychological component in addition to the underlying cause.

How do we assess our patients?
This course will show Physiotherapists how to undertake a thorough subjective and objective assessment. Delegates will be taught on a plastic model how to undertake a digital anal examination and grade the strength and endurance of the pelvic floor muscles.

What can we do to help?
Men can be taught a specific regime of pelvic floor muscle exercises to prevent and treat urinary incontinence. They can also be shown when and where to use these muscles. Urge suppression techniques can help to control urge urinary incontinence. Men can prevent erectile difficulties and restore normal erections using a regime of pelvic floor muscle exercises. Research has shown that 40% of men who had experienced erectile difficulties for 6 months or more regained normal erections after performing pelvic floor exercises for 3 to 6 months. A further 35% of men improved their rigidity (Dorey et al 2004).

What will this course teach me?
After this course, physiotherapists (even those with no experience of treating female urinary incontinence) will be able to correctly assess and provide specific treatment for male patients with urinary incontinence and erectile dysfunction.
Schedule

Day 1  Male Continence Study Day

9.00am  Registration  Coffee & tea & biscuits
9.30am  Male urinary continence (Anatomy, physiology, prostate problems)
10.30am  Theory of male continence assessment & subjective assessment DVD
11.00am  Coffee & tea & biscuits
11.30am  Objective assessment DVD & Practical assessment using plastic model
12.30am  Lunch
1.30pm  Treatment of male urinary continence
2.30pm  Tea & biscuits
3.00pm  Case studies
4.00pm  Knowledge Questionnaire
4.30pm  Close & feedback

Day 2  Erectile Dysfunction Study Day

9.00am  Registration  Coffee & tea & biscuits
9.30am  Prevalence of sexual dysfunction, Anatomy, Physiology
10.30am  Types of male sexual dysfunction & treatment options
11.00am  Coffee & tea & biscuits
11.30am  Pelvic floor exercises for erectile dysfunction
12.30am  Lunch
1.30pm  Case studies
2.30pm  Tea & biscuits
3.00pm  History of the male pelvic floor
4.00pm  Knowledge Questionnaire
4.30pm  Close & feedback
About the speaker

Professor Grace Dorey PhD FCSP completed an MSc into ‘Physiotherapy for the relief of male lower urinary tract symptoms’ by Independent study at the University of East London. She was awarded a PhD studying pelvic floor exercises for erectile dysfunction and post-micturition dribble at the University of the West of England, Bristol.

She is an Emeritus Professor of Physiotherapy (Urology) at the University of the West of England, Bristol, she is also a consultant physiotherapist at The Somerset Nuffield Hospital, Taunton and Queen Street Medical Centre, Barnstaple.

She is the lead physiotherapist for a national multi-centred trial run by Aberdeen University investigating ‘The Effectiveness of pelvic floor exercises following prostatectomy’ funded by the Health Technology Assessment Programme.

She has written 3 textbooks and 8 self-help books for men and women and enjoys lecturing internationally.

In 2004, Grace was awarded a Fellowship of the Chartered Society of Physiotherapy.

More information is available at “www.yourpelvicfloor.co.uk”
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<th>Grace’s Book list</th>
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<td><img src="image1" alt="Image" /> Clench it or Drench it</td>
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<tr>
<td><img src="image2" alt="Image" /> Love Your Gusset</td>
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<tr>
<td><img src="image3" alt="Image" /> Make it or Fake it</td>
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<tr>
<td><img src="image4" alt="Image" /> Prevent it</td>
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<td><img src="image11" alt="Image" /> Pelvic floor exercises for erectile dysfunction</td>
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<td><img src="image14" alt="Image" /> Assessment of post-prostatectomy patient DVD</td>
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<td><img src="image15" alt="Image" /> Male pelvic floor assessment DVD &amp; Video</td>
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Date and Time
6 – 7 Nov 2010, 9:00 am – 5:00 pm

Venue
To be confirmed

Applications
$4000 for 2 day course, 10% discount for registration before 30 July 2010.
For interested candidates, please prepare the cheque in the name of *HEMAX Health Products Company Limited*, with your name, address, email and telephone number on the back and send to *Room 1508, Hollywood Plaza, 610 Nathan Road, Mong Kok*. Please feel free to contact Mr. LAU at 2111 2880 / on.lau@hemaxhealth.com for any questions.

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