



Is it Chronic Nonbacterial Prostatitis or Chronic Pelvic Pain Syndrome?

Historically, the treatment for Chronic Nonbacterial Prostatitis primarily has been antibiotics despite the absence of an infection in the prostate. As a result, many men suffer from persistent dysuria, urgency, frequency, and pelvic pain. Research has shown that these symptoms are often a result of impairments of the musculoskeletal system when there is no evidence of infection. It is for this reason that Chronic Nonbacterial Prostatitis is often referred to as Chronic Pelvic Pain Syndrome. Recognizing it as a pelvic pain syndrome and not just a condition of the prostate has enabled men to receive a multi-disciplinary treatment, including physical therapy, which has been highly effective in treating this complex disorder. A physical therapy treatment program utilizes manual techniques and a home exercise program to normalize the pelvic floor, improve connective tissue mobility, eliminate neural tension and myofascial trigger points, and correct biomechanical abnormalities. As a result, men can get complete relief from the voiding dysfunction and pelvic pain.

“The pain that was once a constant burden—something I was aware of every minute of every day—is now entirely gone”
---Paul, Sunnyvale

“I can now sit for longer periods of time and also for the first time I can enjoy pain-free sex!”

---Dana, San Francisco

How We Can Help Your Patients With Dyspareunia

It has been estimated that 20% of woman will have dyspareunia at some point in their lives. Dyspareunia is characterized by pain upon penetration or with thrusting during intercourse. Common co-morbidities include vulvodynia and vulvar vestibulitis with symptoms such as unprovoked vulvar pain, vulvar itching, discomfort with tight-fit clothing, and a decreased sitting tolerance. Women with these symptoms typically present with pelvic floor muscle hypertonus and myofascial trigger points and connective tissue dysfunction particularly in the vulvar tissues upon examination. Normalizing the connective tissue and pelvic floor musculature through manual techniques and a home exercise program, which may involve their partner, enables these women to have pain-free intercourse and freedom from pelvic pain. In addition, many of the other symptoms (unprovoked vulvar itching and burning, constipation, voiding dysfunction) seen with vulvar vestibulitis and vulvodynia are also eliminated utilizing this treatment protocol.