CPD EVENT RECORD

MEN'S HEALTH

with Gerard Greene MSc, MCSP



This discussion and demonstration examined an unusual aspect of physical therapy - men's health. It was explained that some men might present with MSK symptoms, but underlying this there might be hidden causes of pain which interfere significantly with quality of life, whether that is sporting, social or sexual.

The questions needed to elicit an accurate case history can be very personal, and examination/treatment can involve intimate areas. The importance of compassionate, sensitive questioning and clear consenting procedures was emphasised. Strategies for good communication were suggested.

Once sinister pathology has been excluded, there is a role for physical therapy in addressing pelvic pain in men and some techniques were demonstrated. The importance of appropriate therapy following prostatectomy was also discussed.



Evaluation, Reflection and Impact on Practice (this part of the certificate is not automatically generated - it has been entered by the participant)