



Pelvic Floor Exercises for Erectile Dysfunction

Grace Dorey

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This text reaches beyond the boundaries of mainstream physiotherapy into a novel area for physiotherapists and nurses. It provides information on the prevalence and risk factors for erectile dysfunction, the anatomy and physiology of normal erectile function and the role played by the pelvic floor muscles in men. A successful randomised controlled trial exploring pelvic floor muscle exercises and manometric biofeedback for both erectile dysfunction and post-micturition dribble is clearly reported. This is the first time that erectile dysfunction has been associated with post-micturition dribble due to poor pelvic floor musculature.

The discussion covering each aspect of the trial adds knowledge to a poorly researched subject. This book provides professionals with first-line treatment guidance based on evidence for the well-being of men with erectile dysfunction and their partners. It should be of interest to all professionals working in the area of urology.



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