

Book and DVD reviews

Male Pelvic Fitness: Optimizing Sexual and Urinary Health

By Andrew L. Siegel

Rogue Wave Press, New York, NY, 2014, 152 pages, paperback, US\$14.99
ISBN 978-0-9830617-3-1

According to the back cover, *Male Pelvic Fitness: Optimizing Sexual and Urinary Health* is intended to reveal the “little known powers of the mysterious pelvic floor muscles and how to harness their potential”. Over the course of 11 chapters, Dr Andrew L. Siegel goes from the “Marvels of the Penis” to “Pilates and Male Pelvic Fitness”.

Chapter 1 begins by introducing the reader to the “ultimate multi-tasker”, otherwise known as the penis. This section discusses its different uses, anatomy, size and sexual response. Along with the next chapter, “The Penis and Nether Parts”, this provides the reader with an extensive anatomical education, serving as either an introduction or a recap. The book is helpfully laid out,

with highlighted sections named “Bottom Line” and “Who Knew?” respectively providing summaries of each paragraph and interesting facts. This helps to lighten the information-dense text, while also offering new material.

Chapter 3 provides an extensive explanation of male sexual problems. Siegel discusses the causes and management of erectile dysfunction using clear terminology, and also deals with ejaculatory issues and anorgasmia.

The fourth chapter is entitled “Member Benefits: Practical Applications of Pelvic Floor Muscle Fitness”. Although the primary message of this section is that treatment is essential, the prevention of symptoms is also strongly promoted. The author systematically goes over the role of pelvic floor muscle (PFM) rehabilitation for different symptoms, including erectile dysfunction, stress urinary incontinence and pelvic pain. The problems associated with each symptom are also outlined, and Siegel discusses the science and premises that lie behind any solution.

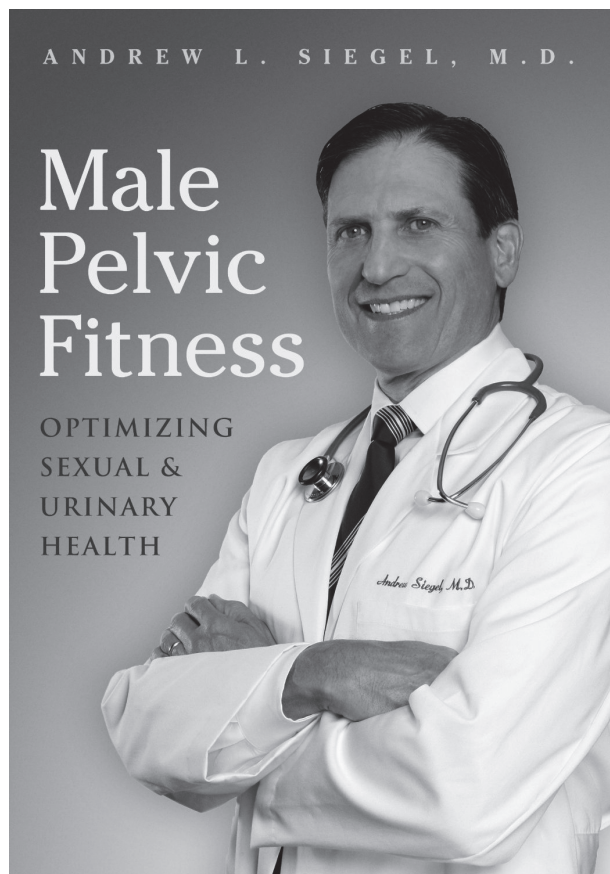
Chapter 5 takes a slightly different turn as the author moves away from solely concentrating on the pelvic floor in order to consider the other “muscles of love”, including the core and external hip rotators.

The sixth chapter deals with the anatomy of each muscle of the pelvic floor. Using clear diagrams, the author describes the origins, insertions and the individual roles of the PFMs, and the other core muscles and external rotators.

Leading on from this, Chapter 7 walks the reader through self-palpation of the pelvic floor and penile anatomy. This would be helpful for both male readers who are trying to understand their bodies better, and physiotherapists who are trying to improve their palpation and assessment skills.

The next chapter describes several different PFM training regimens. Siegel provides brief overviews, and also directs readers to appropriate websites. Reference is made to the basic training section of the *Private Gym* DVD (see pp. 77–78), which may help to support men who are beginning to perform PFM exercises (PFMEs).

Chapter 9 provides a clearly written explanation of basic training, and this is then supported



by Chapter 10, which covers more-advanced resistance training.

The book concludes with a chapter on Pilates and male pelvic fitness. This is presented as an interview with Catherine Byron, a Pilates trainer. Ten foundational exercises are provided for men who want to strengthen their “muscles of love”. Clear photographs and lucid explanations will allow male readers to perform self-guided exercise.

Male Pelvic Fitness is a very interesting read. It would be extremely helpful to women’s health physiotherapists who are branching out into the world of men’s health. The book could also be recommended to: male patients who want to understand their own or their partner’s bodies better; women who are trying to understand men better; and any healthcare professionals who are treating men with a variety of distressing symptoms.

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Pelvic Floor Exercises for Men

By Pauline Chiarelli

Prostate Cancer Foundation of Australia, St Leonards, NSW, 2009, 25 min 17 s, DVD, £19.99
ASIN BOOCTKOKBE

Associate Professor Pauline Chiarelli is a leading pelvic floor educator and academic who is based at the University of Newcastle, Newcastle, NSW, Australia. She is also an acclaimed author and international presenter.

Pelvic Floor Exercises for Men is aimed at the general public, and was produced in association with the Prostate Cancer Foundation of Australia. It was developed in order to help men either avoid or overcome the pelvic floor problems commonly associated with prostate surgery, weak PFMs and loss of bladder control.

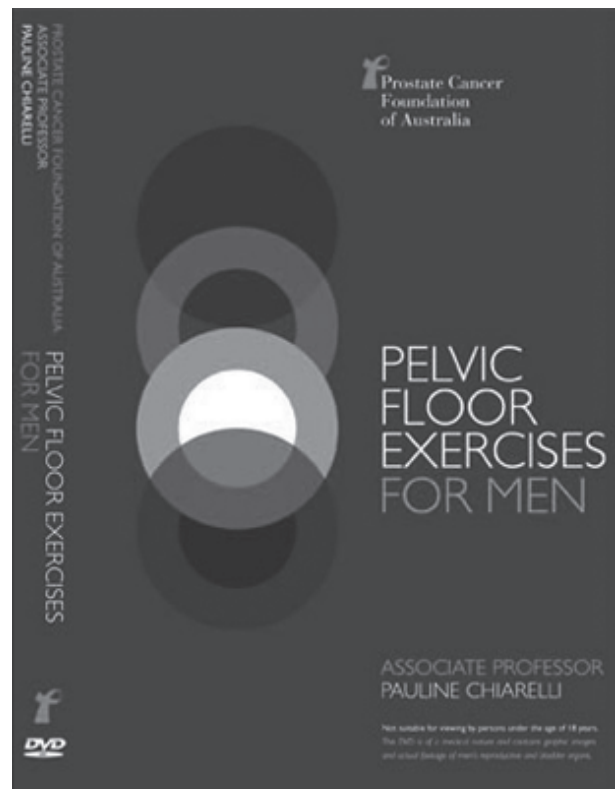
The cover of the DVD is plain and discreet, and there is an age warning (“Not suitable for by persons under the age of 18 years”) because actual footage of male genitals is included. There is also a disclaimer to emphasize that *Pelvic Floor Exercises for Men* is not intended to replace medical advice from a qualified health professional.

The DVD is divided into nine chapters, and a user-friendly menu allows the viewer to select individual sections. In the first chapter, Pauline

explains the physiology behind overactive bladder (OAB) syndrome, bladder outlet problems and the issues that can occur after prostate surgery. Various bladder symptoms, such as intermittent stream, hesitancy and OAB, are also discussed. This chapter concludes with an anatomy tutorial that features good diagrams of the pelvis and pelvic floor. Pauline also explains the role of the internal sphincter, what prostate surgery involves, the importance of urethral closure pressure and the role of the PFMs in the continence mechanism.

The following chapters take us into the clinic with male patients. Pauline demonstrates PFMEs: first, in supine, showing bladder lift with real-time bladder scanning; and secondly, in crook-lying. She emphasizes correct positioning so that patients can use a mirror to see their PFMs without any abdominal involvement. There is a close-up of penile base dip with scrotal lift and puckering, and this is also demonstrated in standing. Pauline recommends doing PFMEs three times a day, and explains how to create an individual programme of exercises. She emphasizes the importance of a maximal squeeze for at least 6 s, with the aim being for 10 s.

There is a chapter that provides advice on positions and targets. “The Knack” is also explained and demonstrated, but for some reason, this section is placed later on in the DVD.



The next section of *Pelvic Floor Exercises for Men* is entitled “Surgery”. Pauline explains that, while PFMEs should ideally be commenced preoperatively, it is never too late to start. Some men can have problems for up to 12 months after surgery, and therefore, perseverance is encouraged.

Bladder training is explained in detail, and some practical tips are given on how to manage urgency.

The final chapter is entitled “Moving Forward”. In this section, Pauline explains that things may take time, and encourages persistence. However, if things still do not improve, she recommends that viewers seek further help.

Pelvic Floor Exercises for Men is suitable for

any male patients with OAB symptoms and/or weak PFMs, and is also an excellent resource that physiotherapists can lend to their patients. It is a shame that the chapters seem to be a bit muddled in their order because this will make it harder to instruct patients to watch the relevant parts. Having said that, I certainly recommend this DVD, and will be purchasing it so that I can lend it to patients to reiterate what they have been told in the clinic.

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