

**Men have  
special needs...  
Physical therapy can  
help!!!**

Throughout the life span, physical traumas, surgical procedures, chronic stress, and other factors create many changes in a man's body. Oftentimes, these changes lead to pain and dysfunction.

Dynamic Systems Rehabilitation (DSR) specializes in evaluating and treating pain, loss of mobility and loss of function. Men's health is a specialized area of practice within physical therapy that focuses on treating conditions that primarily affect men, such as loss of bladder control; pelvic muscle weakness; pelvic pain; diminished or absent sexual function; osteoporosis; and, infertility.

**Do not accept loss of bladder control, diminished sexual function, pelvic pain, or musculoskeletal pain as just a natural part of aging! Call for a free ten minute consultation today.**

**480-699-4867**

**Our Staff:**

Matt Taylor, PT, PhD, RYT teaches mindful rehabilitation care to therapists and yoga teachers nationally. His expertise in both orthopedic manual treatments and the art of yoga techniques for relaxation and stress management combine for effective support for men. He believes therapy can be delivered without excessive, painful pressure techniques common in standard physical therapy. He also believes that to move beyond men's health challenges calls for serious reflection and commitment to change in one's understanding of one's self. For more information about Matt's expertise see [www.matthewjtaylor.com](http://www.matthewjtaylor.com)

*"After 3 years of other therapies, at DSR I found an approach that didn't hurt, taught me new things about myself, and most of all gave me back my freedom to work and play without fear." JS, retired business exec*

*"Too often men deal with pain and/or loss of function because they feel it is a natural part of aging. They may think or have been told that nothing can be done and they have to live with it!*

*Our goal is to provide you with the knowledge and skills necessary to maintain optimum health, comfort, and function. Our services are in quiet, private treatment rooms, where you will be treated in a professional and confidential manner."*

*-The Staff at DSR*

**Dynamic Systems  
Rehabilitation  
Services for Men**



**...restoring pain-free  
movement and  
function.**

Dynamic Systems Rehabilitation  
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# How Dynamic Systems Rehabilitation Can Help...

Matthew J. Taylor, PT, PhD, RYT will thoroughly evaluate all aspects of your condition, including medical history, posture, muscle strength, flexibility, stressors and habits. An individualized treatment program will be designed to meet your specific needs and goals.

## Have you experienced these health challenges?...

- **Incontinence** (loss of bladder control)

If you experience incontinence you are not alone. This condition affects 15 million people! The involuntary loss of urine can be the result of many things, including weakness of the pelvic floor muscles and poor bladder habits.

Physical therapy treatment helps restore pelvic floor muscle strength and function through exercise, biofeedback training, and/or gentle electrical stimulation. You are also provided with the information you need regarding normal bladder function, stress management and good bladder habits. For men this can be especially troublesome following prostate procedures.

If you have done traditional “Kegal exercises” in the past and only been frustrated or think they don’t work, don’t despair!! The use of feedback training can greatly enhance your ability to perform an effective pelvic floor contraction, thus improving your symptoms of urinary leakage.

- **Pelvic Pain or Pelvic Floor Tension**

Chronic pelvic pain can often be attributed to a musculoskeletal dysfunction such as muscle spasm in the pelvic or lower extremity muscles, or to joint dysfunction in the low back or pelvic region. Abnormal postures and muscle weakness can also lead to pain.

The physical therapist uses manual techniques such as soft tissue massage or joint mobilization as well as ultrasound and other modalities to relieve pain and improve function.

Scrotal pain, pain with intercourse and pain associated with prostatitis, post-prostatectomy, groin strain or coccyx pain may also be improved with men’s care.

- **Aging**

A man’s body changes significantly with with advancing age. Musculoskeletal dysfunctions from old injuries are common and can often be effectively treated with manual therapy, exercise and/or supports. Do not accept the discomfort or diminished function as a normal result of too many birthdays!!!

Your rehabilitation specialist can provide instruction on movement strategies to perform to promote good abdominal function and pelvic floor muscle strength/tone, as well as provide instruction on proper sitting, resting and athletic warm-up, etc. Men’s health care can also be effective for pain resulting from prostate and vasectomy surgeries.

- **Osteoporosis**

Men develop osteoporosis just like women only later in life, and suffer from brittle bones that are more susceptible to fracture. DSR can provide information on posture, proper body mechanics and movement, as well as providing services to prevent falls, relieve pain and decrease deformity.

- **Post Surgical**

If you suffer pain or loss of function after groin, hip or abdominal surgery, DSR can help. Often muscle spasm, weakness, and/or scar adhesions may result in discomfort and inefficient movement habits.

Call now for more  
information or to arrange a  
free phone consultation to see  
if you can benefit from this  
new service!