ALCOVE
PELVIC HEALTH EDUCATION

Diving into the Male Pelvic Floor Lab

One-Day Introductory Lab: Assessment, Palpation, and the Whole-Body Picture

This lab is designed to give clinicians a practical starting point for assessing male pelvic health patients without jumping straight to one isolated area. **The goal is to zoom out, connect the dots, and understand how the pelvic floor fits into the larger movement and pressure system.**

COURSE OBJECTIVES

- Understand basic male pelvic floor anatomy as it relates to bladder, bowel, sexual function, pelvic pain, testicular/scrotal pain, penile pain, and post-prostatectomy concerns.
- Perform an introductory external assessment of posture, breathing, lower rib movement, intercostal angle, hip mobility, abdominal wall tone, and pelvic girdle mechanics.
- Understand how the ribs, diaphragm, abdominal wall, hips, low back, and pelvic floor work together as part of the pressure and movement system.
- Identify common whole-body contributors to male pelvic symptoms, including breath holding, abdominal bracing, hip stiffness, adductor tension, rib restrictions, and pelvic floor overactivity.
- Demonstrate introductory palpation and assessment skills for the male pelvic floor using appropriate consent, positioning, draping, communication, and patient comfort.
- Begin integrating external orthopedic and pelvic floor findings to form a clearer clinical picture for male pelvic pain and dysfunction.
- Use basic clinical reasoning to connect assessment findings to treatment ideas for male pelvic health patients.

COURSE GOALS

By the end of the lab, participants should leave with:

- A clear framework for assessing male pelvic pain and dysfunction.
- More confidence with external assessment and introductory palpation.
- A better understanding of how posture, ribs, breathing, hips, abdomen, and pelvic floor findings connect.
- A practical way to think through symptoms such as urinary dysfunction, bowel dysfunction, sexual dysfunction, testicular/scrotal pain, penile pain, and post-prostatectomy concerns.
- A whole-person lens that helps clinicians stop chasing one painful spot and start seeing the bigger clinical picture.

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