

You Are Not Alone

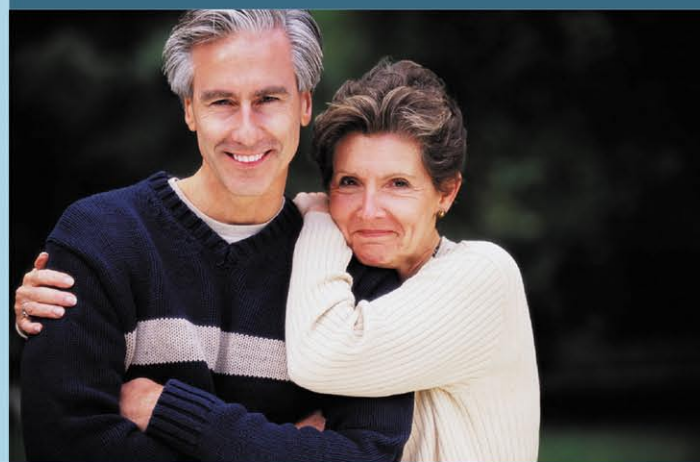
Erectile dysfunction affects 15 to 30 million men in the U.S. and can occur at any age. One in 10 men will encounter a continuing problem with impotence at some point in their lives. Erectile dysfunction can lead to:

- Depression, anxiety, and feelings of guilt - all of which only compound the problem
- Stress
- Low self-esteem
- Difficulties in relationships



Integrity

Rehab & Home Health



Overcoming Erectile Dysfunction



**A Lasting Solution through
Muscle Rehabilitation**

Good News



The good news is that pelvic floor exercise treatment has shown itself to be effective in 76% of men with certain types of ED. Pelvic floor exercise treatment may also reverse the general decline of perineal muscle condition and prevent the problem from progressing to an incontinence issue.

Toll Free: 1.866.953.9428

Phone: 254.699.3933

Fax: 254.526.8604

5302 Janelle Dr, Killeen, TX 76549

www.IntegrityRehab.net



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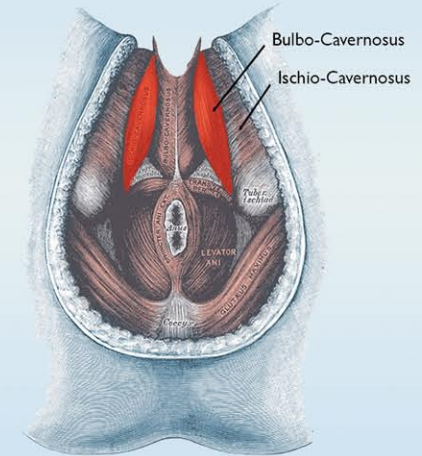
How Can Physical Therapy Help?

The pelvic floor muscles play a major part in achieving and maintaining a firm erection. A pelvic floor muscle program, combined with biofeedback and lifestyle change training, can be very beneficial in the treatment of ED. Our qualified physical therapists work with you to help you take control of your condition. They will provide solutions that you can refer to as needed throughout your life.

What is Erectile Dysfunction?

Erectile dysfunction (ED) is the repeated inability to attain and maintain firm erections for the purposes of sexual intercourse.

Muscles of the Pelvic Floor



Treatment May Include:

- Education about anatomy of the pelvic floor and how the erection process works
- Teaching and rehabilitation of the pelvic floor muscles and other relevant core strength muscles
- Examination to verify pelvic floor muscle strength and function
- Electromyographic (EMG) biofeedback to aid in the visualization of muscle contractions
- Painless electrical stimulation

Treatment is also available for male incontinence, sexual pain, and chronic pelvic pain.

Benefits of Physical Therapy

Most importantly, physical therapy restores spontaneity without side effects. No more planning romantic evenings around a pill or worrying about headaches, dizziness, or other side effects.

Physical therapy is:

- Noninvasive
- Inexpensive
- Easy to Perform Exercises
- Painless
- No Side Effects
- Eliminates Dependency on Medication
- Solution that can be Utilized Long-Term



For information about physical therapy treatment for Erectile Dysfunction, call Integrity Rehab & Home Health at (254) 699-3933.