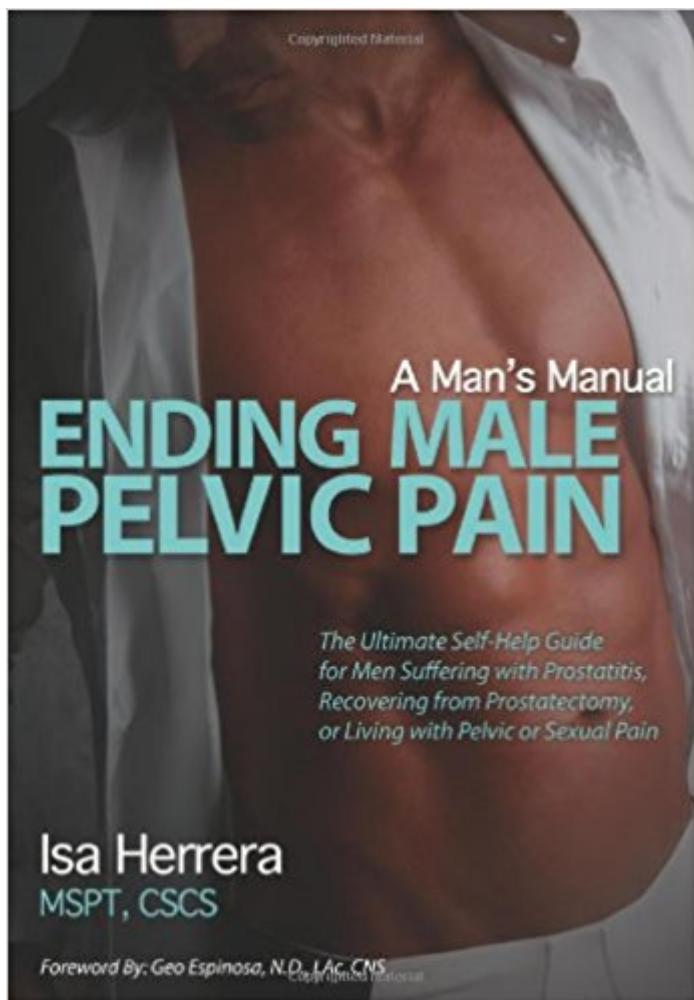


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# Ending Male Pelvic Pain, A Man's Manual: The Ultimate Self-Help Guide For Men Suffering With Prostatitis, Recovering From Prostatectomy, Or Living With Pelvic Or Sexual Pain





## Synopsis

Isa Herrera, MSPT, CSCS, Physiotherapist and men's pelvic health expert, has written the ultimate self-help guide for men suffering from pelvic pain, sexual pain, or recovering from prostatectomy surgery. In this unique book, Ms. Herrera delivers the goods, sharing her trade secrets with you, putting you on the right track towards a pain-free lifestyle. This manual will teach you how to see and treat your pelvic floor muscles in a different way opening the door to health and well-being. *Ending Male Pelvic Pain* will awaken the healer within you, putting you on the road to a fast recovery. Ms. Herrera does not hold back, instead she empowers you with the knowledge you need to defeat your pain. The large selection of techniques in this book are based on Ms. Herrera's real-life experience in treating men at her NYC based pelvic rehab healing center, Renew Physical Therapy. This multi-keyed book fuses yoga, Pilates, internal massage, visualizations, trigger point therapy, and self-care tools, ensuring that there is something for every man who has suffered long enough with pelvic pain, testicular pain, penile pain, and conditions relating to urinary leaking. In this book Ms. Herrera shows you how she helped countless men get on a path to self healing, ultimately breaking the cycle of pain. With this book Ms. Herrera is declaring a revolution, stating "I have given you the tools you need. Don't hesitate to get started, end your pain and be the hero of your own story." More information at [www.RenewPT.com](http://www.RenewPT.com) or [www.EndingMalePelvicPain.com](http://www.EndingMalePelvicPain.com).

## Book Information

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## Customer Reviews

Isa Herrera, MSPT, CSCS owns and operates Renew Physical Therapy, a healing center in New

York City. She has dedicated her career to helping men find relief from painful pelvic conditions. Ms. Herrera believes that everyone holds the key to their pain relief, all they need is to be shown the way. Her goal is to always empower men with the tools they need to succeed on their own. Her website is [www.RenewPT.com](http://www.RenewPT.com) and [www.EndingMalePelvicPain.com](http://www.EndingMalePelvicPain.com).

Very helpful discussion of the causes behind CPPS and many suggestions for how to create your own treatment plan. The section covering the meditation/mind-body component is a little lacking, but there is so much out there about this already, that I wasn't looking for much help in that area anyway. Many different exercises are suggested and I'm sure I'll never do all of them, but it's helpful to see them and try the ones that can make sense for you. I am actually also going to Isa's Renew clinic on 33rd street in NYC, and reading this has been a great component of that treatment, since she has clearly trained the therapists (who are excellent) to 'speak the same language' as the book. I also chatted with Isa a bit about the book, and her comments were also helpful. I think this is a great addition to the small body of literature on this issue and is definitely more in the 'do it yourself' vein, than, for example, "Headache in the Pelvis" - which is an absolute MUST read for anyone dealing with this condition. "Headache" is much more scientific/academic, and less self-help, but you will learn valuable information and the section on Paradoxical Relaxation is fascinating and very useful. Considering PR and trying aspects of it, has informed my other attempts in this area, such as meditation classes, Progressive Relaxation and Autonomic Training recordings. All this said - if you are dealing with this issue in a severe way, please seek out a trained PT if at all possible. The books will help you keep up your own program, but a PT is invaluable for getting you on the road to recovery.

My physical therapist recommended I purchase this book as it is a well-written and comprehensive guide to restoring male pelvic health. I've found the information in it extremely useful and beneficial to my health. Would recommend this to any guy with urinary frequency, pain during sex, pain with/after ejaculation, any pain in the pelvic region, and even incontinence. I am an avid weightlifter and I push my body to the limits, which my pelvic floor has not responded to very well. Compounding that with anxiety and stress, men can find themselves with lots of problems down below - and it is often not your prostate, "IBS," or any other term used to diagnose something when a doctor can't quite figure out what's wrong.

I received Isa's book on February 11, 2015, read the book in two days and started with doing the

reverse kegels the on the third day. I added yoga stretches a few days later. I perform the stretches 3 times a day. I have had pelvic pain to varying degrees over the past five years. I got the typical response from two different Urologist that you outline in your book. I am amazed with the progress that I have made. It was so bad in the past six months that I avoided sitting whenever possible. I had even made a cushion with a cut out so there was no pressure on my pelvic muscles. I don't use the cushion anymore and I can sit on almost any seat. I have a life again. We are leaving on vacation in two weeks. We haven't had a vacation in two years. I plan to expand into the Pilates ball strengthening when I get back from vacation. Please let Isa know how much I appreciate the research she has done and the book she has written

I got this after I had trouble reading Wise's "Headache in the Pelvis" on Kindle. The author is clear and practical. This book is a valuable resource for men, if for no other reason than it helps clarify urological issues and gives you a basis for discussion with your urologist. The recommended exercises are proving helpful as well.

This is the best book I've read on this subject matter and as such I thought I should bring to it some justice and rate it the way it's deserved to be rated . after I bought it I saw that mrs Herrera also wrote the female version of this book and it was unsurprising for me to see the great reviews she got there basing it on the excellent job she has done with the male version ppl who suffer from urinary leakage not just pain can also refer to this book as there's some ambiguity in the naming of this syndrome which not only manifest itself in pain but also in urinary and sexual symptoms so anyone with these kind of problems may be interested in reading this book from a lay person who have been afflicted for a long long time by some of the problems that this book seek to solve I can say that I could only wish that I've crossed ways with the info in this book long time ago this is a syndrome which a lot of ppl suffer from silently this book not only offers a way to over come it but also offer a voice to those people without prejudice and with the most compelling understanding

Effective advice.

One of the best resources for men dealing with pelvic pain. This book explained to me the concept of hypertonic (overly tight) pelvic floor muscles, and the importance of down-training, or doing reverse kegels, before you begin a re-strengthening program. I was completely ignorant to this truth after a few years of various methods and other painful challenges. Along with that, this book gives

you actual exercises and actionable information, written in plain English. Thanks Mrs. Herrera for taking the time to compile this book and for dedicating your life to healing others.

Most comprehensive book on the subject that I've read. Includes a multitude of exercises to choose from. Can't say enough praise for it.

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