



## Male Chronic Pelvic Pain Syndrome Resources

### Pelvic Floor Exercises for Men:

<https://www.youtube.com/watch?v=oyGEVPuumtk>

<https://www.youtube.com/watch?v=NnqAkM9r2a8>

<https://www.pelvicexercises.com.au/pelvic-floor-relaxation-for-men/?v=7516fd43adaa&c=cf13ce20305c>

<https://www.youtube.com/watch?v=kuq8XrEVPsg>

<https://www.pelvicpain.org.au/male-pelvic-pain-self-help-strategies/?v=ef10366317f4>

### Some good informational/educational sites on CPPS:

<https://www.mazemenshealth.com/sexual-health/chronic-pelvic-pain/>

<http://www.malepelvicfloor.com/index.html>

<http://www.pelvicpainrehab.com/blog/>

<http://www.harvardprostateknowledge.org/finding-help-for-pelvic-pain-a-patients-story>

<http://www.pelvicpainhelp.com/>

<http://www.beyondbasicsphysicaltherapy.com/pelvic-pain-men>

<http://www.pelvicupport.com/cms/wp-content/uploads/2013/04/Pelvic-Pain-Article.pdf>

<https://hardflaccid.co/>

<https://curehardflaccid.wordpress.com/>