



## 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

By Isa Herrera MSPT



### 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 By Isa Herrera MSPT

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).

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### **Editorial Review**

#### About the Author

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).

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##### **Henry Slaughter:**

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