

Rectum

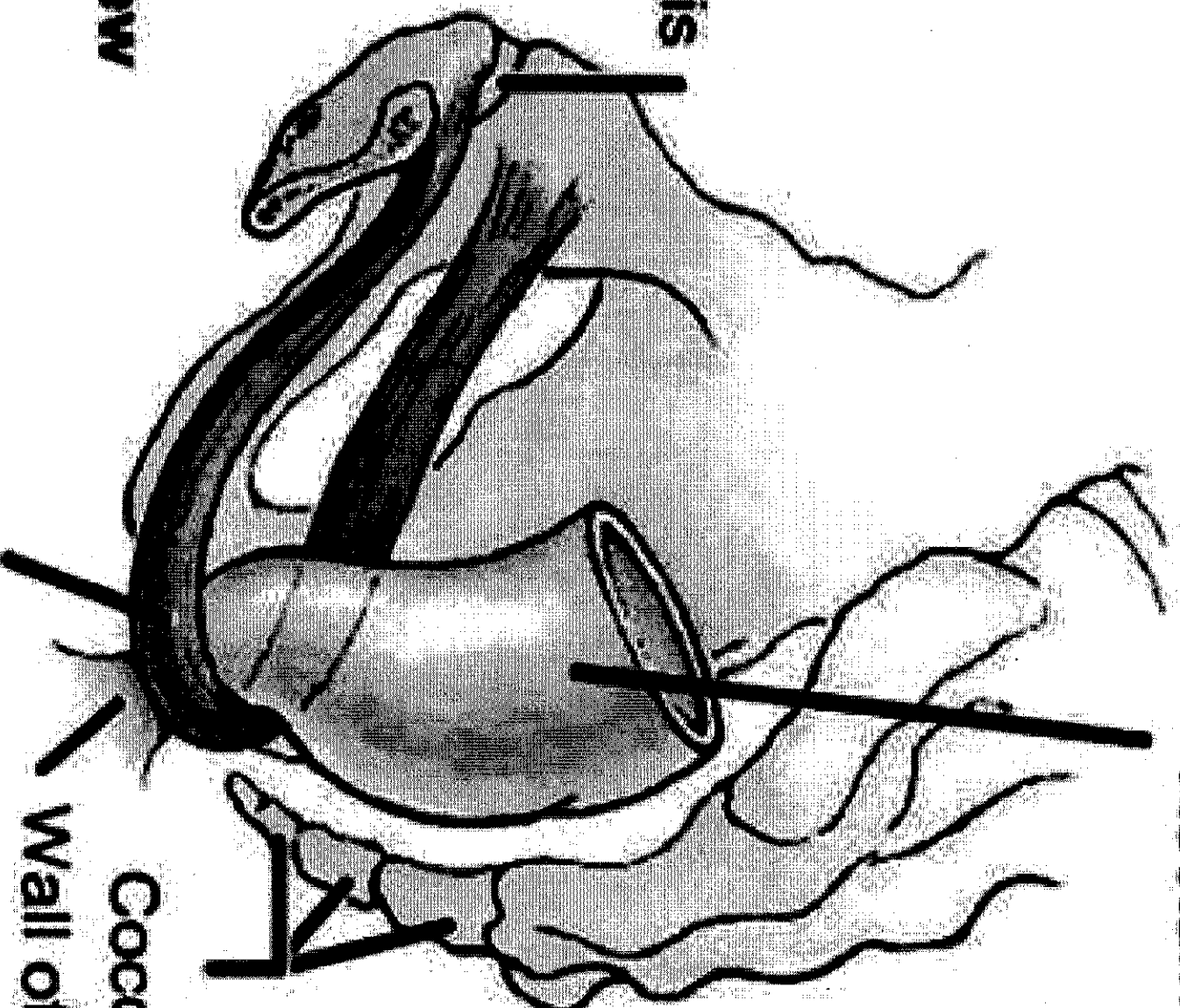
Pubis symphysis

Lateral View

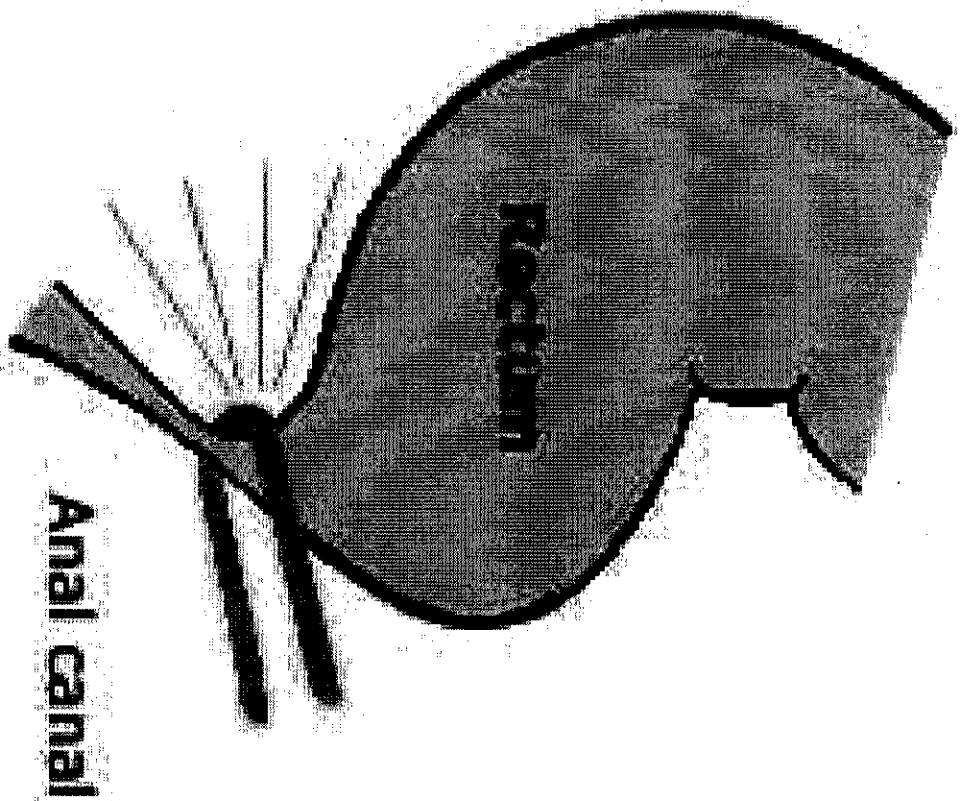
Puborectalis

Coccyx

Wall of anal canal

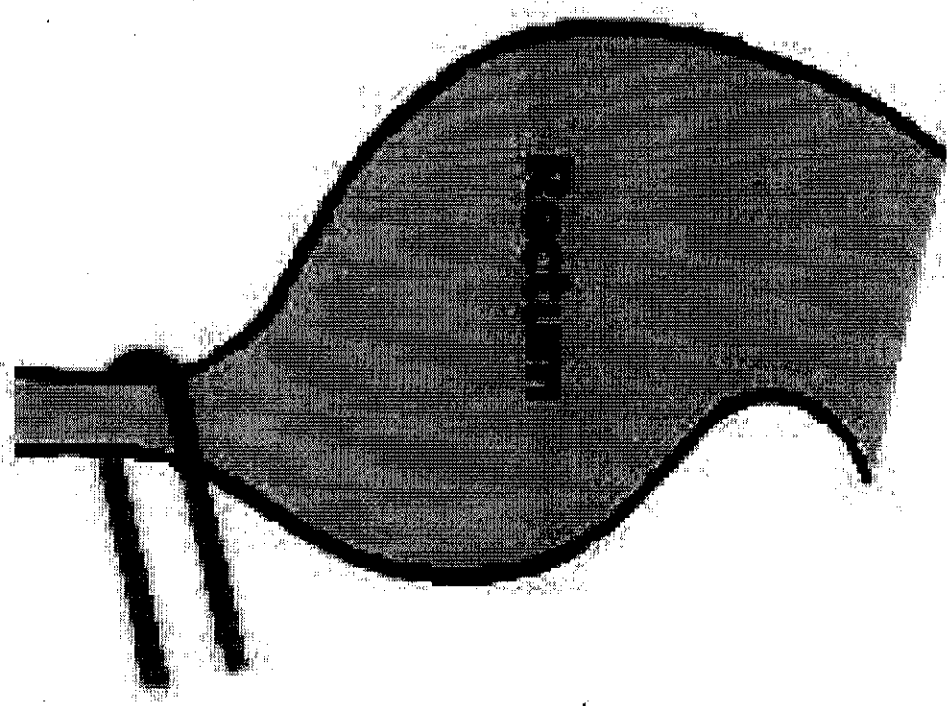


SITTING POSTURE



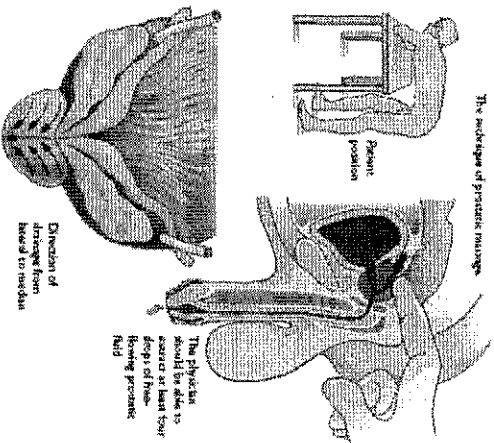
Puborectalis muscle "chokes" rectum to maintain continence

SQUATTING POSTURE



Puborectalis muscle relaxes and straightens pathway to anus

Prostate Massage



Internal Prostate Massage

Patient in knee-chest position with butt to heels on table, or standing, enter the anus with a lubricated, gloved finger. Start with the wings using pads of the finger to drain medially and inferior toward the prostate [a 2 inch organ the shape of a walnut] then drain prostate lateral to medial, then press and pull towards the urethra, with patient holding a tissue at the tip of the penis to catch any drainage, promoting relaxation, production of fluid in the prostate, fresh blood flow oxygen and nutrients and, in turn, ejaculation.

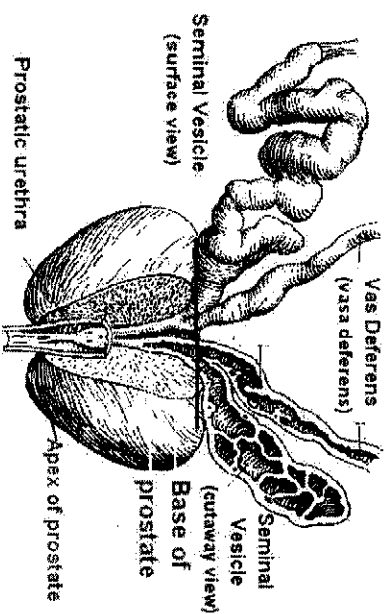
Prostate massage:

- Mechanically drains stagnant seminal fluid, relieving pressure and inflammation causing BPH.
- Overcomes impotence by stimulating the flow of seminal fluid and increasing penile circulation.

ANATOMY OF THE PROSTATE

The prostate is a gland of the male reproductive system. It is located in front of the rectum and just below the bladder, the organ that stores urine. It is about the size of a chestnut and somewhat conical in shape, and consists of a base, an apex, an anterior, a posterior and two lateral surfaces.

The main purpose of the prostate is to produce fluid for semen, which transports sperm during the male orgasm.



ZONES OF THE PROSTATE

Scientists divide the prostate up into different zones according to their function. The zones are Central (CZ), Peripheral (PZ) and Transitional (TZ).

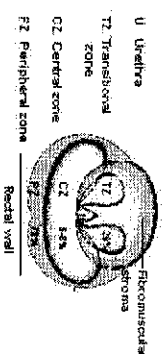
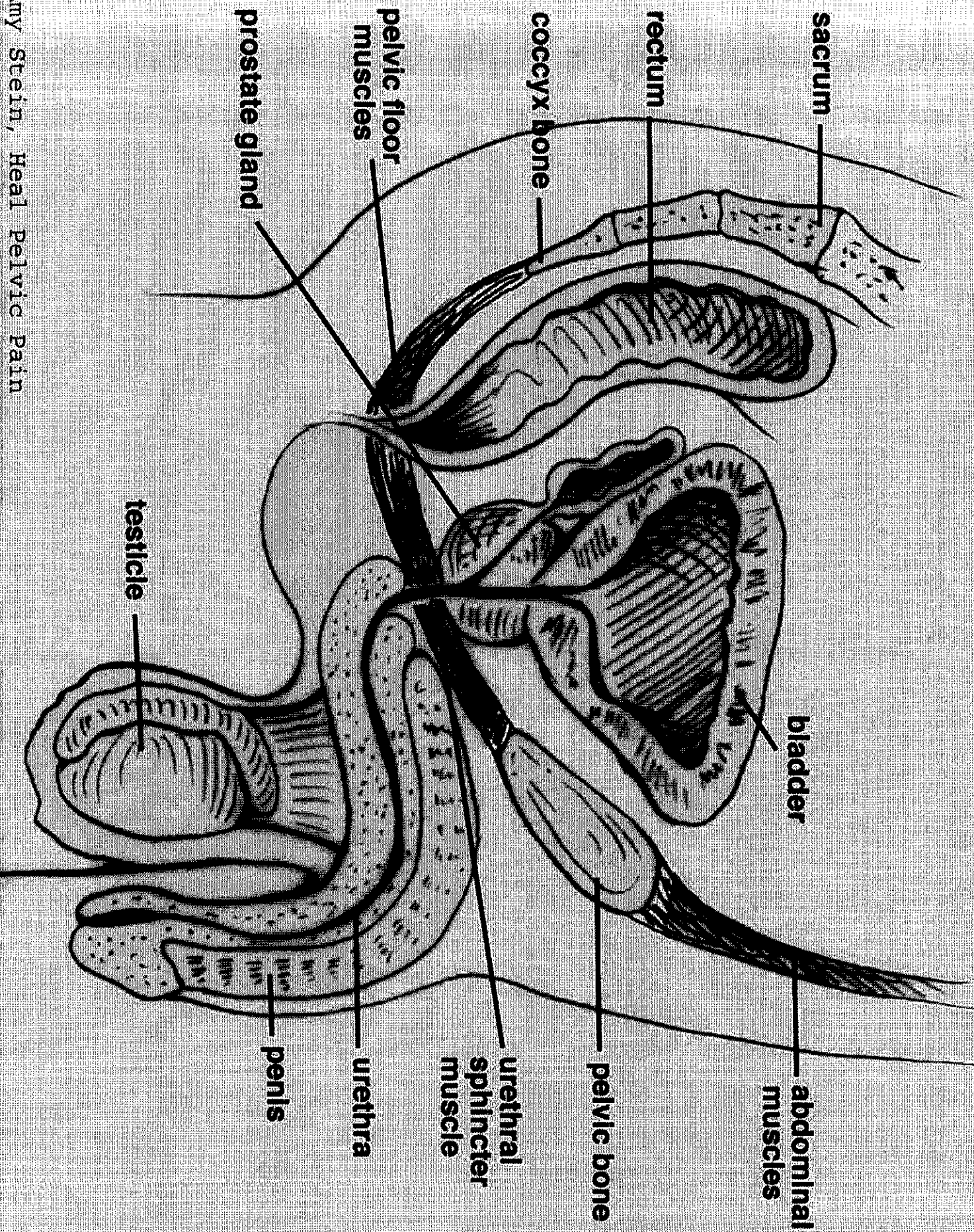


Illustration #3 Male Urogenital System (midsagittal section)



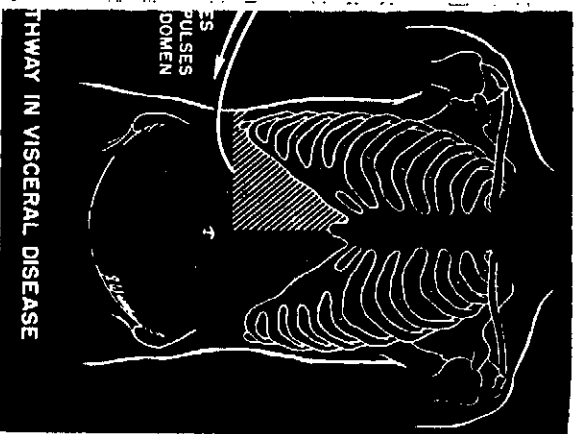


Fig. 8.

abdominal group are (fig. 7, 8) and occur in patterns related to areas are present directly over the n: Trigger areas are present in a men outlining the radiation of the s are present along the right costa hoid process to the angle of the ea, vomiting: Trigger areas are along the midline. are present in the lower abdomen

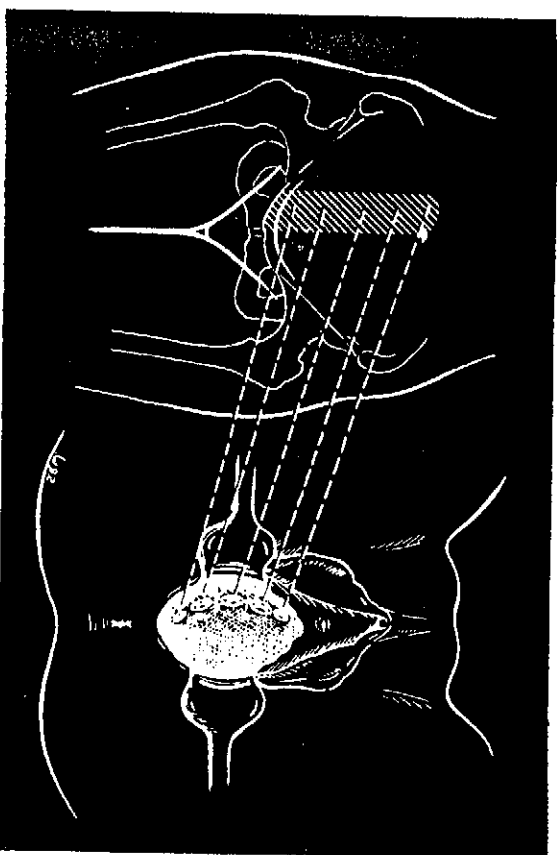


Fig. 9. Vaginal trigger areas, right, and reference zone (where muscle spasm and tenderness appear).

There is another group of trigger areas in the female, related to pain and other disturbances in the lower abdomen. They are located within the vagina in patients with a history of some form of trauma to the pelvic organs, most common being pelvic disease, pelvic surgery, prolonged difficult labor or miscarriage.

Vaginal trigger areas (fig. 9) are located 1 to 1½ inches within the vaginal orifice just beneath the mucous membrane. This region normally is completely insensitive so that the presence of sensitive areas here is in itself an abnormal physical finding. As a result of the activity of this group, muscle spasm and tenderness are present in the lower abdomen from the umbilicus to the pubic about 2-3 inches on either side of the mid-line, roughly corresponding to the area of the rectus abdominis muscle. The trigger areas near the pubic portion of the vagina are related to the upper part of