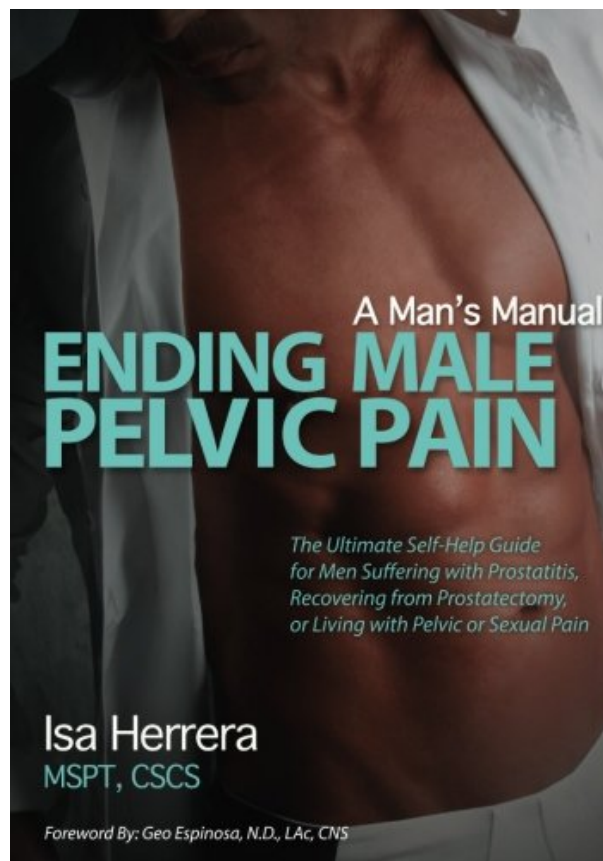
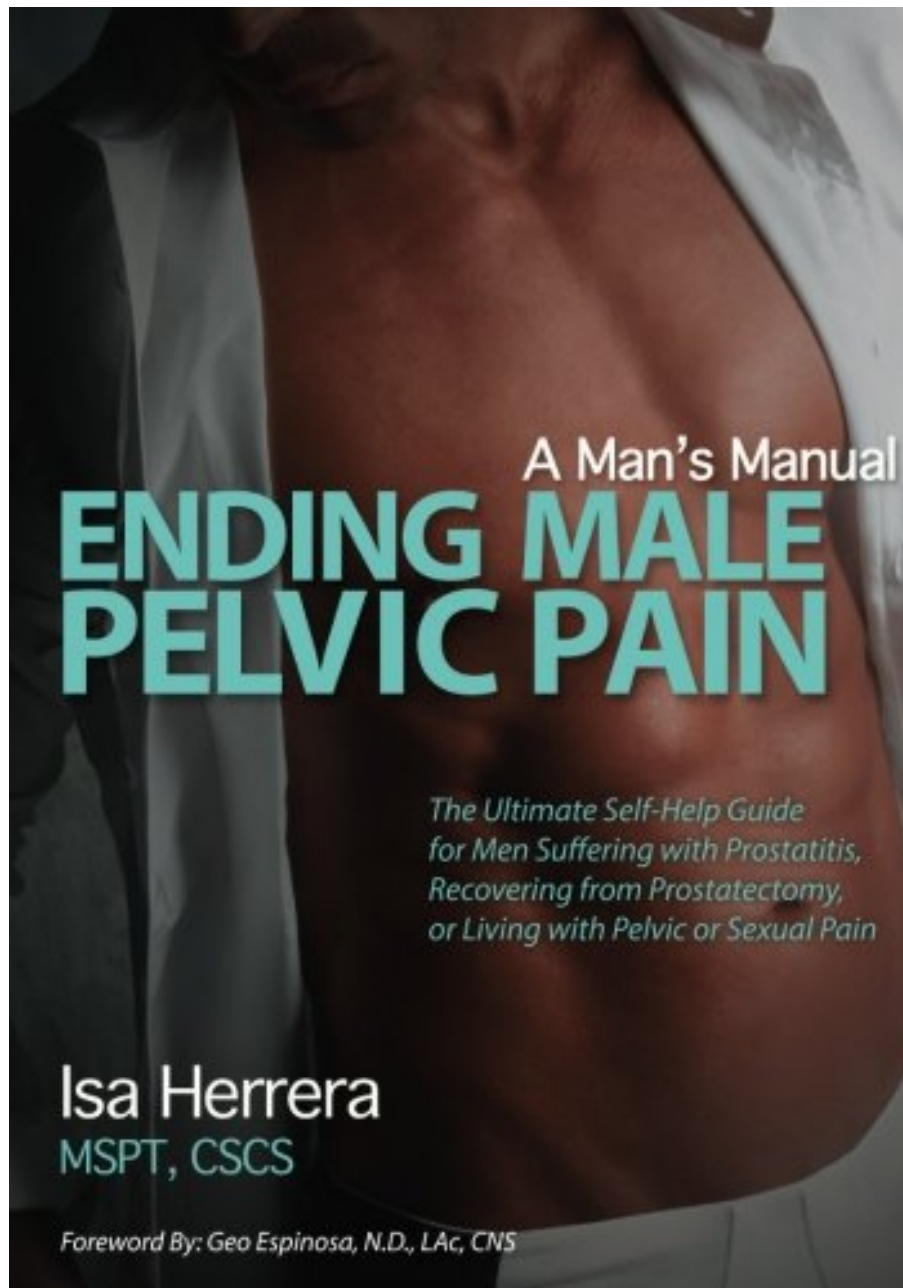


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Isa Herrera, MSPT, CSCS owns and operates Renew Physical Therapy, a healing center in New York City. She has dedicated her career to helping men find relief from painful pelvic conditions. Ms. Herrera believes that everyone holds the key to their pain 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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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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## Most helpful customer reviews

5 of 5 people found the following review helpful.

The physical therapy really works.

By John W. Adelsperger

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

4 of 4 people found the following review helpful.

best in its field

By Avner Dayan

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

2 of 2 people found the following review helpful.

Highly recommend this guide to all men

By Jesse

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.

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