

MANITOBA

MEN'S HEALTH

CLINIC



A GUIDE TO

Understanding Orchialgia

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Understanding Orchialgia

(Also Known as Scrotal Content Pain)

How Common is Orchialgia?

Orchialgia refers to chronic testicular or scrotal content pain lasting more than 3 months. It can originate from the testicles, epididymis, vas deferens, or even referred pain from other areas like kidney stones, pelvic issues, or spinal problems affecting nerves. Orchialgia can manifest suddenly with severe pain or develop gradually.

Causes of Orchialgia

Orchialgia can stem from various sources:

Testicular Torsion: Twisting of the spermatic cord.

Inflammatory Causes: Epididymitis or orchitis due to infections, including sexually transmitted infections.

Inguinal Hernias: Intestinal tissue protruding into the scrotum.

Trauma: Direct injury to the testicles.

Varicoceles: Enlargement of scrotal veins.

Hydrocele: Fluid-filled sac around the testicles.

Spermatocele: Fluid-filled sac in the epididymis.

Post-Vasectomy Pain Syndrome (PVPS)

PVPS is chronic scrotal or testicular pain following a vasectomy. Its cause is not fully understood but may involve factors like nerve damage, inflammation, or congestion due to remaining sperm fragments.

Diagnosis of Orchialgia

Diagnosis includes a thorough physical examination, review of symptoms, and medical history. Additional tests may include screening for infections, urine analysis, and ultrasound imaging to identify underlying issues. A spermatic cord block, injecting lidocaine to relieve pain, can confirm neuropathic causes.

Treatment Options for Orchialgia

Non-Surgical

Conservative non-surgical options may include pelvic floor physiotherapy, antibiotics for infections, and NSAIDs to reduce inflammation. Cord block with lidocaine can provide temporary relief.

Pelvic Floor Physiotherapy: Pelvic floor physiotherapy is a beneficial treatment approach for individuals experiencing orchialgia or chronic testicular pain. While orchialgia is primarily referring to testicular pain, the pelvic floor muscles, which are located at the base of the pelvis, play an important role in supporting all the pelvic organs, including the testicles. Dysfunction or tension in these muscles can exacerbate pre-existing or cause novel testicular pain. Physiotherapy addresses these muscular issues and improves symptoms.

Surgical Options

Epididymectomy: Removal of the epididymis in cases of localized pain.

Hydrocelectomy: Removal of fluid around the testicle.

Spermatocoelectomy: Removal of large cysts.

Microscopic Denervation of the Spermatic Cord: Disrupting pain-signaling nerves.

Orchiectomy: Removal of the testicle in severe cases.

Revision Surgery: Scar tissue removal or vasectomy reversal for persistent pain.

Treatment choices depend on the specific cause and individual circumstances. Discuss your symptoms, timing, and location of pain with your physician to determine the most suitable approach.

Your journey to pain relief begins with understanding the causes and available treatments. Men's Health Clinic — where dreams of parenthood find their way.