

PHYSICAL SOURCES	Recommended Primary Therapy	Recommended Long Term Therapy
Genetic	Steps 5 - 11	
Low Testosterone	STEP 3:Testo Test© ; Refer to Dr/Endocrinologist for Blood test	then progress to STEPS 5-11
Hyperprolactinaemia	Refer to Dr/Endocrinologist for Blood test for Prolactin;	then progress to STEPS 5-11
Age Related	STEPS 5-11	
Hypogonadism	STEP 3: Testo Test©; Refer to Dr/Urologist	then progress to STEPS 5-11
Pelvic Trauma	Refer to Dr/Urologist/Vascular Surgeon;	then progress to STEPS 5-11
Inflamed Prostate	Refer to Dr/Urologist;	then progress to STEPS 5-11
Peyronie's Disease	Refer to Dr/Urologist/Vascular Surgeon;	then progress to STEPS 5-11
Pelvic Floor Muscle Dysfunction	STEP 9	then progress to STEPS 5-8 and 10-11
Sacral Cord Injury	Refer to Dr/Neurologist;	then progress to STEPS 5-10
Hypospadias	Refer to Dr/Urologist;	then progress to STEPS 5-10
Phimosis	Refer to Dr/Urologist;	then progress to STEPS 5-10
Diabetes	STEPS 5-11	
Lifestyle - Heavy Smoking	STEP 6	then progress to STEPS 5 & 7-11
Lifestyle - Sleep Problems	STEP 6	then progress to STEPS 5 & 7-11
Lifestyle - Bicycle Seat	STEPS 5-11	
Lifestyle - Excessive Alcohol	STEP 6	then progress to STEPS 5 & 7-11
Lifestyle - Excess Weight	STEP 6	then progress to STEPS 5 & 7-11
Heart/Cardiovascular	STEP 6	then progress to STEPS 5 & 7-11
Medical Drug Side Effects	Refer to Dr	then progress to STEPS 5-11
Street/Party Drugs	STEP 6	then progress to STEPS 5 & 7-11
Surgery/Radiation	Refer to Dr/Urologist	then progress to STEPS 5-11
Porn Induced ED	STEP 5	then progress to STEPS 6-11

PSYCHOLOGICAL	Recommended Primary Therapy	Recommended Long Term Therapy
Perceived ED	STEPS 5-11	
Depression	Refer to Dr	STEPS 5-11
Performance Anxiety	STEPS 5-11	
Stress/Negative Emotions	STEPS 5-11	
Sexual Trauma	STEPS 5-11	
Partner Physiology	STEP 11 on Partner Communication	STEPS 5-10
Unresolved Sexual Orientation	STEPS 5-11	