PELVIC HEALTH

A Physiotherapist Can Help!

Kegels are not for everyone! There is a common misconception that women with pelvic floor issues all have weakness; frequently, these muscles are too tight to function properly. This can lead to incontinence, pain with intercourse and is often a significant factor in low back and pelvic pain.

A Physiotherapist with additional training in Pelvic Health can help you regain control of your bladder & bowel function, get rid of your pain, and return to all of your normal activities. Pelvic health issues are often multifactorial so it is important to be properly assessed by a Pelvic Health Physiotherapist.

Pregnancy can create problems with the pelvic floor.

What do Pelvic Health Physiotherapists Treat?

Bowel & Bladder Issues:

- Constipation

- Overactive bladder

- Frequency and urgency

- Incontinence

- Chronic UTI's

Mechanical Issues:

- Painful intercourse (dyspareunia)

- SI joint dysfunction, pelvic girdle pain and symphysis pubis pain

- Low back issues

- Pregnancy and postpartum related issues

1 in 4 women and 1 in 9 men will be incontinent in their lifetime

AHCPR CLINICAL PRACTISE GUIDELINE, URINARY INCONTINENCE IN ADULTS: ACUTE AND CHRONIC MANAGEMENT NO. 2, 1996 UPDATED, PUBLICATION # 96-0682, US DEP'T OF HEALTH HAD HUMAN SERVICES, ROCKVILLE, MARYLAND.

78% of women with chronic low back pain also have signs of urinary incontinence and a dysfunctional pelvic floor

ELIASSON K. ET AL., URINARY INCONTINENCE IN WOMEN WITH LOW BACK PAIN. MANUAL THERAPY. 2008;13(3):206-212

Strength training is an important part of restoring functional strength.

What to expect from your first appointment?

- A thorough medical history to help determine the cause of the problem

- An assessment of the lower back, pelvis and hip and core function

- An internal exam to assess the status and function of the pelvic floor muscles

- A customized treatment plan designed to help you meet your goals

3.3 Million Canadians experience incontinence - and it often can be cured!

THE CANADIAN CONTINENCE FOUNDATION