



PELVIC HEALTH PHYSIOTHERAPY

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THE PELVIC FLOOR

- Our pelvic floor muscles silently do their job to assist with bladder, bowel and sexual function. They also have a very significant contribution in keeping our core strong and our backs healthy. However, many of us are unaware that these muscles exist.
- European countries have held internal examination of the pelvic floor as the gold standard for more than 30 years.

WHAT IS PELVIC HEALTH PHYSIOTHERAPY?

- Pelvic health physiotherapy is the assessment and treatment of pelvic floor dysfunction through conservative rehabilitation.
- It integrates education, behavior modification and a biomechanical approach to identify the root cause of pelvic floor dysfunction and treat it.

TREATMENT STRATEGIES

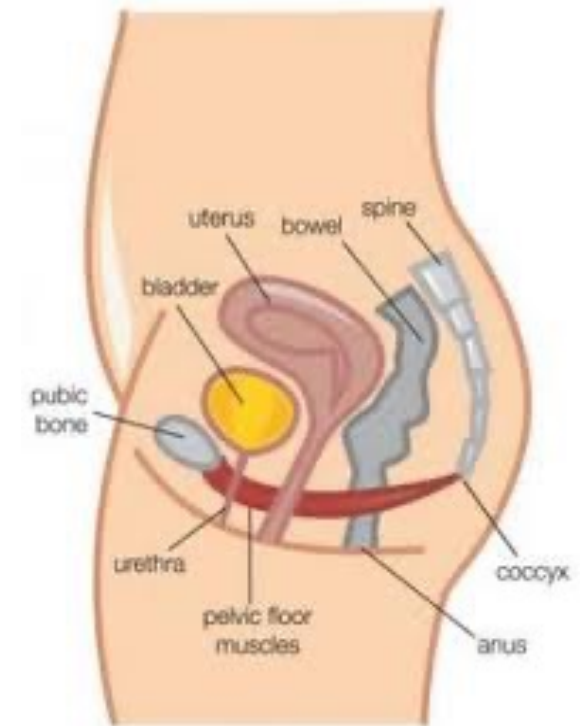
- Once a diagnosis has been established, your Pelvic Health Physiotherapist will discuss treatment techniques, goals and anticipated outcomes for you. Including:
 - Manual (hands-on) therapy not only to the pelvic muscles but to nearby joints and muscles including the abdomen, trunk, back and hips
 - Connective tissue manipulation
 - Scar mobilization
 - Myofascial release
 - Retraining of the brain and the nervous system
 - Ongoing and inclusive education
 - Relaxation and breathing training
 - The use of treatment tools and modalities
 - Self-care training

Kegels are not one size fits all!

Kegels are NOT always indicated for pelvic floor problems. Sometimes they do more harm than good, and often they are NOT performed correctly.

WHAT IS IN OUR SCOPE OF PRACTICE?

- Incontinence (leakage)
- Urinary frequency
- Urinary urgency
- Bowel issues including constipation, straining or pain
- Unexplained pain in the low back, the pelvic region, the genital area or the rectum
- pain during or following intercourse
- Pelvic Organ prolapses
- Back and abdominal pain
- Pelvic pain associated with conditions such as endometriosis, interstitial cystitis, etc.
- Pre- and postnatal care including labor and delivery preparation, pain, leakage, bulging -and scarring from c-sections, tearing or episiotomy
- Cancer related conditions
- Prehab and treatment post prostatectomy



THE COCHRANE COLLABORATION 2010 CONCLUDED THAT PHYSIOTHERAPISTS WITH SPECIALIZED TRAINING IN PELVIC FLOOR REHABILITATION (USING INTERNAL EXAMINATION TO TEACH THE EXERCISES) SHOULD BE THE FIRST LINE OF DEFENSE, BEFORE SURGICAL CONSULTATION FOR STRESS, URGENT MIXED INCONTINENCE

PELVIC HEALTH FAQ

TOP 5 THINGS YOU SHOULD KNOW ABOUT PELVIC HEALTH:

- 1. Incontinence after pregnancy is NOT normal**, in fact, incontinence of any kind is not normal and very treatable. If you 'dribble' when you sneeze, cough, laugh or avoid a trampoline at all costs, you're suffering from incontinence, and you could benefit greatly from pelvic health treatment.
- 2. Pelvic health isn't just for seniors and post natal moms.** You can start your pelvic health journey prenatally to start preparing for labour and delivery, to minimize the risk of complications postpartum, and to manage your pregnancy aches and pains.
- 3. There are protected acts that only certain medical professionals are allowed to practice.** Vaginal and Rectal exams constitute one such act, a physiotherapist must undergo proper training and be rostered with the college to perform internal exams. It is normal to expect an internal exam at your pelvic health appointments. Your therapist will do everything in their power to keep you comfortable, and remember it is always optional and requires your consent.
- 4. Young children who suffer from urgency, frequency and incontinence can also benefit from pelvic health treatment,** though they would not be subject to an internal exam.
- 5. Pelvic Health isn't just for women.** Men can also benefit post prostatectomy and if they suffer any sort of pelvic pain or incontinence.



WE OFFER 15-MINUTE FREE PELVIC HEALTH CONSULTATIONS
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HEALTH PHYSIOTHERAPY SERVICES,
PLEASE CONTACT:

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