

WOMEN'S PELVIC FLOOR PHYSICAL THERAPY

Pelvic Floor Physical Therapy helps prepare you for childbirth, improves bowel and/or bladder control, reduces pelvic pain, and improves your sex life.



DID YOU KNOW THAT ...

46%

of pregnant women have problems with leaking of urine

78.5%

of women were unable to properly contract their pelvic floor muscles one year after having a baby



2 in 3 women have separation of the abdominal muscles with the second pregnancy

1 in 3 women have decreased bladder control after childbirth

Common Conditions we treat:

- Back and hip pain
- Bowel and bladder leakage
- Cesarean and episiotomy scar pain with walking/movement
- Tail Bone Pain (coccydynia)
- Separation of the abdominal muscle (diastasis recti)
- Other painful conditions following childbirth and surgeries
- Painful sex (dyspareunia)
- Pelvic floor muscle weakness
- Pelvic pressure and pain
- Pubic bone pain/separation
- Sciatic nerve pain
- Vaginal and rectal prolapse
- Vaginal pain (vaginismus)
- Pain/burning in the vulva (vulvodynia)

Treatment may include:

- **Therapeutic exercises** to strengthen or to relax the muscles.
- **Manual therapy** such as myofascial or trigger point release, joint mobilizations, soft tissue massage and muscle energy techniques.
- **Biofeedback** – training to improve awareness of the pelvic floor muscles for strengthening or relaxation.
- **Relaxation exercises** to reduce muscle tension and improve muscle activation.
- **Education** related to lifestyle changes such as regular exercise and diet changes.
- **Electrotherapy**, such as TENS for management of pain, and to stimulate or relax pelvic muscles.
- **Other options** – ultrasound, moist heat or cold packs.

If you have a referral for physical therapy for your pelvic problems, please call (859) 212-5400 to schedule your private evaluation with one of our specially trained physical therapists.

Visit us at stelizabeth.com/pelvicfloor for more information.

If you have further questions or have not been evaluated by a physician yet, please contact your gynecologist or a pelvic health physical therapist located near you.