

What Does A Pelvic Floor Physical Therapist Do?

The growing emphasis on wellness has brought to our awareness a need to pay closer attention to our bodies during recreation, work, and throughout daily



life. Pelvic floor physical therapists have received specialized training which will benefit individuals with a variety of medical conditions, including: incontinence, pre- and post partum periods, pre- and post-gynecological surgery, pelvic pain, and coccyx (tailbone) pain.

Some tools for treatment of pelvic floor dysfunction include the use of biofeedback, with a device that measures the activity of your muscles. Muscle function may be assessed both internally and externally via muscle sensors and is an excellent training method.

Why Physical Therapy?

A review of scholars literature showed physical therapy is an integral component in treating pelvic pain for sexual dysfunction in both males and females. (Rosenbaum and Owens 2007)

Neuro-reeducation of the pelvic floor using biofeedback, pelvic floor training, and bladder training showed significant improvement in urgency, frequency, and volume of pain symptoms in males with chronic pelvic pain, including prostatitis. (Clemens, et al 2000)

Pelvic floor training significantly increases return to continence in males following radical prostatectomy. (MacDonal, et al 2007)

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Diagnostic and treatment procedures may include:

- Electric stimulation
- Ultrasound for episiotomy scars
- Pelvic floor exercises
- Transverse abdominus stabilization exercises
- Bladder diary
- Diet education
- Behavioral techniques
- Postural education and functional training
- Relaxation techniques
- Manual therapy
- Pilates for core strengthening
- Biofeedback



What to Expect at Your First Visit

Your first visit with a pelvic floor physical therapist will be an evaluation of your current condition and issues. This will include a thorough review of your medical history, and questions about your eating, drinking, voiding, and sexual habits as they relate to your symptoms. Your posture, hip, abdominal, and pelvic floor muscles will be assessed for contributing factors such as weakness, tightness, or strain. This may include an external as well as internal exam.

Incontinence and Pelvic Pain

Weak or damaged pelvic floor muscles often contribute to incontinence or pelvic pain due to childbirth, aging, or illness. Pelvic pain and bowel or bladder control problems may improve with physical therapy as we help you strengthen and retrain the pelvic floor muscles.

Physical therapy for incontinence and pelvic floor pain could include biofeedback, bladder retraining, strengthening and conditioning programs, and education to improve control of pelvic floor muscles.

Patients may benefit from physical therapy if they are experiencing:

- Accidental leakage of urine when coughing, sneezing or laughing
- The need to urinate frequently or all of a sudden, uncontrollable urge to urinate
- Pain in the pelvic region
- Fecal incontinence
- Organ prolapse
- Pre- and post-partum related issues including back pain, diastasis recti and sciatica
- Scar tissue concerns
- Sexual dysfunction
- Post prostatectomy incontinence
- Colorectal conditions and constipation
- Coccyx disorders
- Prostatitis

