

# What is Pelvic Health Physical Therapy?

Pelvic health physical therapists help restore urinary, bowel and sexual function that involves the pelvic floor muscles and surrounding muscles and joints. Edward's pelvic health physical therapists are specially trained in evaluating and treating pelvic floor conditions. We work with your medical team in helping you regain control back in your life.

Current evidence supports physical therapy playing an important role in treating urinary incontinence, bowel dysfunction, pelvic pain, and pelvic organ prolapse. Physical therapy has demonstrated to be a successful treatment option that does not involve surgery, invasive procedures and medications. In some cases, outcomes are best achieved with a multi-disciplinary approach that may include diet, medications and surgical procedures.

Your first visit includes an evaluation to determine your pelvic floor strength, control, coordination and flexibility. Your pelvic health physical therapist will perform a thorough review with you in order to determine a treatment plan that is best orientated towards your rehab goals. In addition, your therapist will address surrounding joint and muscle complaints of the hip and spine that are commonly associated with pelvic floor dysfunction and an important component in establishing your treatment plan.

Common pelvic health condition addressed in physical therapy include, but are not limited to:

- ▶ **Urinary incontinence**
- ▶ **Fecal incontinence**
- ▶ **Constipation**
- ▶ **Pelvic pain**
- ▶ **Coccydynia (tailbone pain)**
- ▶ **Pregnancy-related Musculoskeletal Pain**
- ▶ **Postpartum Musculoskeletal and Pelvic Floor Dysfunction**

Treatment may include:

- ▶ **Internal and external manual therapy techniques** to increase soft tissue and joint mobility.
- ▶ **Biofeedback** to assist in learning how to appropriately control and coordinate pelvic floor muscles
- ▶ **Therapeutic exercise** to restore pelvic floor functional control, muscle strength and flexibility of surrounding involved joints
- ▶ **Bladder diary** and education to reduce urgency, frequency, leaking and pelvic pain
- ▶ **Education** to help coordinate bladder and pelvic healthy habits within your daily activities.
- ▶ **Modalities** to assist with pain, muscle strength and urgency.

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