

# iHealth

PELVIC HEALTH THERAPY

IN PARTNERSHIP WITH



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# PELVIC FLOOR PHYSICAL THERAPY



## WHAT IS THE PELVIC FLOOR

- All of the muscles, ligaments, nerves, and tissues that cross the pelvis

## WHAT ARE THE FUNCTIONS OF THE PELVIC FLOOR

- Muscular control for bowel and bladder
- Supports the pelvic organs
- Sexual function
- Stabilizes the hips low back and pelvic girdle

## WHY DOES PELVIC HEALTH PHYSICAL THERAPY MATTER

- Pelvic health physical therapy can help you return to the things you enjoy and will give you tools to decrease symptoms of any pelvic floor dysfunction
- More than 50% of people will deal with pelvic floor problems in their lives
- Risk factors include falls on the tailbone, pelvic surgeries, low back or hip pain, trauma to the pelvis, and pregnancy

## WHAT ABOUT DOING KEGELS

- Kegels are squeezing the muscles of the pelvic floor
- They can be appropriate in a small amount but shouldn't be the only treatment
- Muscles may already be too tight and this can make symptoms worse

## WHAT TO EXPECT FROM PHYSICAL THERAPY

- Pelvic floor physical therapists are specialists in treatment of pelvic floor dysfunction and have received additional training on these conditions
- One-on-one sessions with a physical therapist are up to 1-hour in length
- A thorough medical history is taken and specific questions may be asked relating to your pelvic organ function, your comfort and consent during the examination are of utmost importance
- Education is provided regarding the function of your pelvic floor and relationship to your symptoms
- An individualized home program is given to address your needs
- Physical therapy techniques used during each session may include:
  - Neuromuscular re-education
  - Strength and stability training
  - Posture education
  - Muscle relaxation training
  - Biofeedback training
  - Behavior modifications
  - Soft tissue techniques



## CONDITIONS WE TREAT

- Pelvic pain
  - Painful pelvic penetration
  - Interstitial cystitis (IC)
  - Persistent pelvic pain
- Pregnancy related pain
  - Pubic symphysis pain
  - SI joint dysfunction
- Post pelvic surgery
- Postpartum care
  - Perineal pain
  - Diastasis Rectus Abdominus
  - Return to sport and activity
- Bladder dysfunction
  - Urge incontinence
  - Stress incontinence
- SI joint dysfunction
- Bowel dysfunction
  - Constipation
  - Fecal urgency
  - Fecal incontinence
- Endometriosis
- Pelvic organ prolapse
- Pudendal nerve entrapment

\* If your condition is not listed, please call to inquire.