

PELVIC HEALTH THERAPY

SPECIALIZED • APPROACHABLE • COLLABORATIVE



For more information on Pelvic Health Physical Therapy, visit:

- HelloAlmara.com
- TCOmn.com
- i-Health.com
- Viverant.com

To schedule an appointment, call 952-857-0304.

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 <ul style="list-style-type: none">- Painful pelvic penetration- Interstitial cystitis (IC)- Persistent pelvic pain | • Postpartum care <ul style="list-style-type: none">- Perineal pain- Diastasis Rectus Abdominus- Return to sport and activity | • Bowel dysfunction <ul style="list-style-type: none">- Constipation- Fecal urgency- Fecal incontinence |
| • Pregnancy related pain <ul style="list-style-type: none">- Pubic symphysis pain- SI joint dysfunction | • Bladder dysfunction <ul style="list-style-type: none">- Urge incontinence- Stress incontinence | • Endometriosis |
| • Post pelvic surgery | • SI joint dysfunction | • Pelvic organ prolapse |
| | | • Pudendal nerve entrapment |

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