

Therapy Designed to Meet Your Needs

Upon referral to physical therapy, you will receive a comprehensive evaluation by a physical therapist who has received extensive training in treating pelvic floor dysfunction. An individualized treatment plan will be developed with your personal goals in mind in order to help you return to your normal daily activities as quickly and safely as possible.

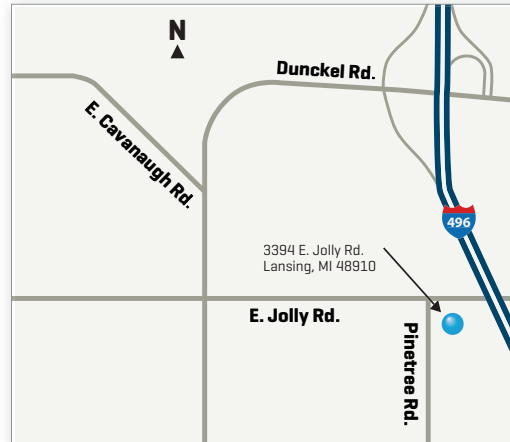
Treatment may include:

- Manual therapy to correct pelvic and lower back alignment and restore soft tissue mobility.
- Biofeedback training to regain proper function and coordination of the muscles of the pelvic floor.
- Electrical stimulation to retrain the muscles and reinforce motor recruitment with exercise.
- Bladder retraining.
- Therapeutic exercise to increase core strength, pelvic floor strength, and posture.
- Dietary and fluid intake education.
- Education on the pelvic floor, hip, and lower back muscles that may be causing pain.
- Education on the use of medical dilators or adaptors.
- Education and home exercise programs to help maintain healthy bladder and bowel function.
- Targeted education to caregivers and parents.

There Is Hope

Physical therapy is an option whether you experience small or large wetting accidents, bowel incontinence, or pelvic pain.

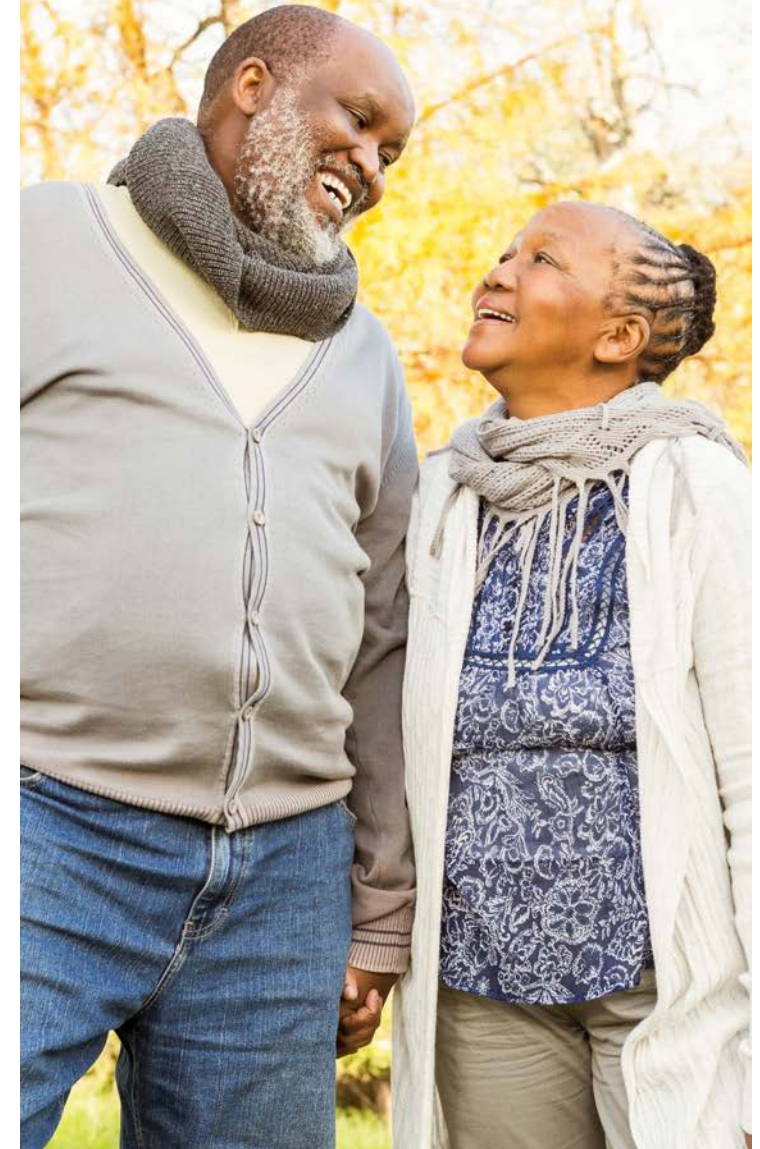
You now have hope of regaining control and improving your quality of life. Treatment can help men, women, and children.



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PELVIC HEALTH AND PELVIC FLOOR REHABILITATION



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4.19.26000

Pelvic Floor Dysfunction

Pelvic Floor Dysfunction refers to a broad range of conditions experienced by men, women, and children that can occur when the muscles of the pelvic floor are in spasm, become weak, or tight. Common causes include childbirth, stress, underlying muscle problems, post-cancer or radiation treatment, post-surgical effects, and can result from the natural course of aging.

Do You Have a Pelvic Floor Problem?

- Do you leak urine or feces when you cough, sneeze, or laugh?
- Do you have difficulty starting your stream of urine or dribble afterward?
- Do you have the urge to urinate so strongly that you cannot hold it?
- Do you have pain while urinating or having a bowel movement?
- Do you have painful intercourse or painful pelvic exams?
- Do you have pain in your lower abdomen not caused from another medical condition?
- Do you use the bathroom more than eight times a day or more than once per night?
- Do you base your outings around access to a bathroom?

Incontinence and pelvic pain are not a normal part of life. If you answered “yes” to any of these, talk with your health care provider. Ask about the benefits of pelvic floor physical therapy and ask for a referral to a pelvic physical therapy specialist.

Don't Be a Statistic

- According to the Centers for Disease Control (CDC) more than 50 percent of adults aged 65 and over are living with incontinence. 85 percent of these adults are women.
- Women wait an average of six years to seek treatment for their pelvic floor problems. Men oftentimes do not ask for help.
- The overall lifetime prevalence for chronic pelvic pain is estimated to be 24 percent for women and 9 percent for men.

Incontinence

Incontinence is the involuntary loss of bladder and/or bowel control and the inability to predict when and where urination and/or bowel movements will occur.

Many people don't talk about incontinence because they feel embarrassed and frustrated. This leads to isolation and depression. Many people are of the mistaken belief that nothing can be done to correct it.

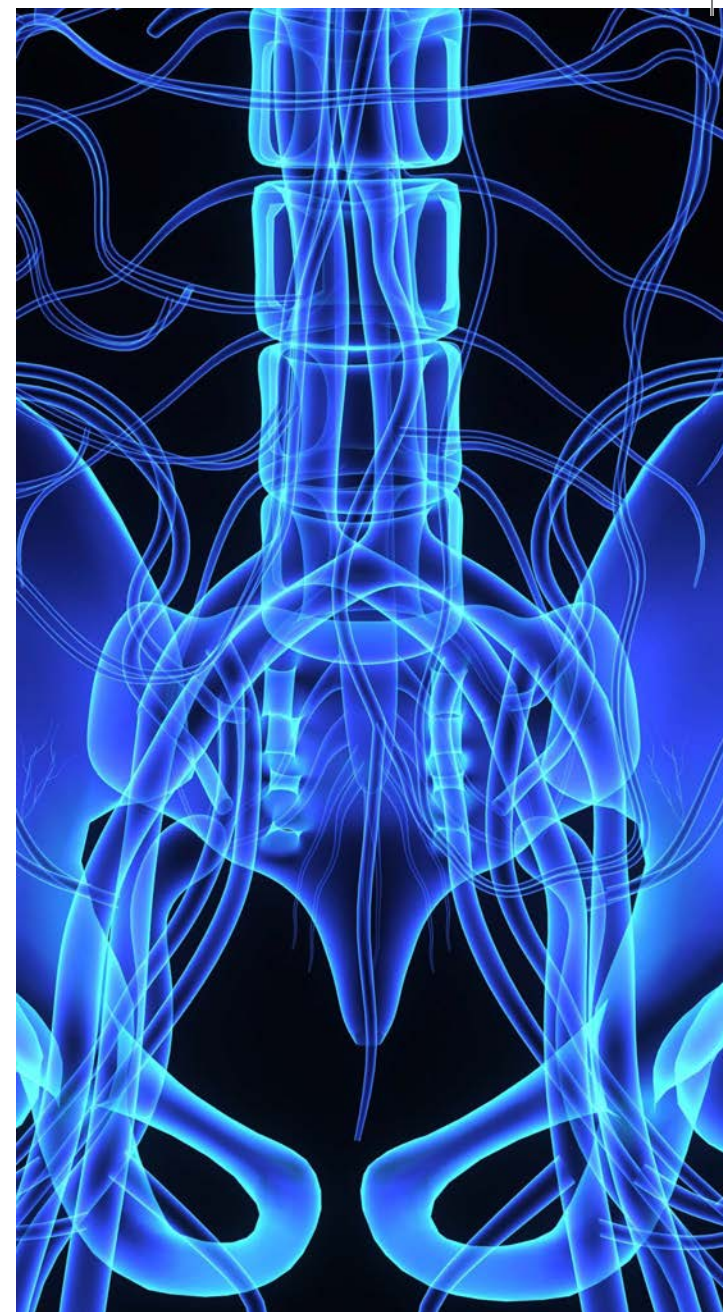
There are several types of incontinence:

Stress incontinence is the involuntary loss of urine during physical movement (coughing, sneezing, exercising, laughing, lifting, jogging). When describing this condition, the word stress refers to the stress of increased physical pressure on the bladder.

Urge incontinence is often referred to as “overactive bladder”. It is the leakage of large amounts of urine at unexpected times, including during sleep. Those with urge incontinence feel a strong uncontrollable need to urinate with water running or when feeling cold. They may also feel the need to urinate often.

Mixed incontinence is having more than one type of incontinence occur at the same time. The most frequent types are stress and urge incontinence.

Transient incontinence is the leakage that occurs temporarily because of a condition that will pass (infection, medication).



Pelvic Pain

Pelvic pain can occur in the area between the navel and the groin and can be experienced in the abdomen, pelvis, back, tailbone, and even in the hips or upper body. There are bones, ligaments, joints, muscles, nerves, and organs in the pelvic area, any of which can cause pain. Physical therapists work with the muscles, soft tissue, joints, and bone alignment to help reduce pelvic pain.