



PHYSICAL THERAPY FOR THE PELVIC FLOOR.

What is the Pelvic Floor?

The pelvic floor refers to muscle that support your reproductive organs and urinary tract. These muscles work to provide support, as well as help to control bladder and bowel function. When these muscles are not working efficiently, the result may be incontinence and/or pain.

What is Pelvic Floor Physical Therapy?

Physical therapy treatment can help address pain, weakness and dysfunction of the pelvic floor muscle. Using a variety of techniques, including biofeedback and exercise, a trained physical therapist can help alleviate pelvic floor dysfunction and the symptoms associated with it.

Pelvic floor therapy can help the following conditions:

- Urinary or bowel incontinence
- Pelvic pain
- Post-partum issues following pregnancy

Many pelvic floor issues are treatable, if you or a loved one is experiencing incontinence or pelvic pain, contact your doctor to discuss physical therapy as a treatment option.

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