

What is Pelvic Floor Physical Therapy?

Pelvic Floor Rehabilitation is treatment by a physical therapist who has received specialized training to treat the weakness, tightness and spasms that may accompany pelvic floor dysfunction. These treatments address functional goals such as improved continence, decreased pain with daily activities including, sitting, walking and prolonged standing, and sexual function. (APTA)

Who can benefit from Pelvic Floor Physical Therapy?

Patients experiencing the following may benefit from physical therapy:

- Accidental leakage of urine when laughing, sneezing or coughing
- Frequent need to urinate or sudden uncontrollable urge to urinate
- Pain in the pelvic region
- Organ prolapse
- Sexual dysfunction
- Pregnancy-related issues including pre- and post-partum back pain, diastasis recti and sciatica
- Scar tissue
- Coccyx pain
- Patients with accidental bowel leakage
- Chronic constipation

What happens at your first Pelvic Floor Physical Therapy appointment?

Your physical therapist will perform an assessment of your posture, hips, abdomen and pelvic floor muscles looking at strength, mobility and movement patterns that may be contributing to your symptoms. The evaluation may include an external and internal exam of your pelvic floor muscles.



Types of Pelvic Floor Physical Therapy

- Manual therapy
- Pelvic floor exercises
- Transverse abdominus stabilization exercises and core strengthening
- Postural education and functional training
- Electrical stimulation
- Biofeedback
- Bladder diary
- Behavioral techniques
- Relaxation techniques and stretching