

Pelvic Floor Physical Therapy, Building Your Foundation



By Expert Contributor Kristen Wilson, PT, DPT, GCS

Most people understand the general roles of a physical therapist. Back pain, balance problems, joint replacement rehab, and the alleviation of other aches and pains usually top the list for the most common types of conditions treated. But did you know that physical therapy could also address issues related to pelvic pain and incontinence?

Physical therapists trained in pelvic floor rehabilitation understand how the muscles of the pelvic floor are integral in providing the support you need for pain free and normal sexual and bowel/bladder function. In addition, the muscles of the pelvic floor connect with the muscles of the core and abdomen providing support to the back and hip structures. Often times symptoms of back and hip pain that do not improve with traditional physical therapy may be related to pelvic floor dysfunction.



Action Potential

Pelvic physical therapy is key in reducing symptoms of:

- Pelvic pain with sex or bowel movements
- Loss of urine
- Urgency to urinate
- Back or hip pain that does not respond to traditional therapy
- Prolapse
- Tailbone or groin pain
- Post-partum changes

Incontinence and pelvic pain are intimate topics which require the care of a trusted physical therapist who understands and appreciates the need for privacy. After understanding your condition and goals, a pelvic floor physical therapist will perform an internal assessment of the muscles of your pelvic floor and design a treatment program to reduce your symptoms. Sessions are provided in a private setting. Often times, relief from pain or improvement in incontinence can occur in as little as one or two sessions.

Many women do not realize that pelvic pain and incontinence, especially post-childbirth, is not normal. Often times doctors

will attribute the problem as a typical side effect from having a child and advise to just wait. This advice couldn't be farther from the truth. In fact, the American College of Obstetrics and Gynecologists (ACOG) recommends that every mother post-partum should seek evaluation by a pelvic health therapist within the first 12 weeks.¹

Correcting problems related to pelvic pain and incontinence will help to restore your dignity and allow you to enjoy the activities you love. Reach out to a pelvic health physical therapist today to start building the "floor" of your body's foundation. For more information on pelvic floor rehabilitation, visit www.ReachYours.com/services/pelvic-health.

¹ OB-GYN Group Embraces 'Fourth Trimester' Concept, Acknowledges Role of Physical Therapist in Postpartum Care. July 11, 2018. http://www.apta.org/PTinMotion/News/2018/07/11/ACOGPostpartumRecommendations/?_zs=CJhfv1&_zl=Rffx4



Action Potential

One on One Physical Therapy

Pelvic Pain? Incontinence? Post-Partum?

Take control and get back the life you deserve!
Call today for your one-on-one appointment.

484-841-6154

