

## Pelvic Floor FAQs

- 1) What is a pelvic floor physical therapy?
  - a) Pelvic floor physical therapy specifically addresses the muscles that support the pelvic organs (bladder, bowel, rectum, and uterus), assist in bowel and bladder control, and aid in sexual appreciation. The pelvic floor muscles stretch from the tailbone to the pubic bone and from one sit bone to the other sit bone. The muscles of the pelvic floor can be consciously controlled and trained to contract and relax like the other muscles in our body. Pelvic floor dysfunction refers to symptoms that occur when the muscles of the pelvic floor are no longer functioning in an ideal manner. A pelvic floor physical therapist will be able to perform an evaluation to determine the cause of the dysfunctions and provide an individualized treatment program to help correct them.
  
- 2) How is pelvic floor dysfunction treated?
  - a) After a thorough evaluation, different treatment options will be discussed with the patient. The therapist will pick the most appropriate treatments for that particular patient, which may include:
    - i) Biofeedback
    - ii) Pelvic floor strengthening exercises
    - iii) Breathing and relaxation techniques
    - iv) Core exercises
    - v) Pelvic floor stretching
    - vi) External or internal manual therapy
    - vii) Bladder diaries
    - viii) Dilator therapy
    - ix) Myofascial trigger point release
    - x) Scar mobilization
    - xi) Patient education and postural re-training
  
- 3) Are pelvic floor disorders a normal part of aging or result of childbirth?
  - a) No! Although we may think that pelvic floor disorders are more common as women age or as a result of childbirth, they are not normal and can cause a huge impact on a person's quality of life. Age is not a barrier to the benefits of pelvic floor exercise. Furthermore, performing postnatal pelvic floor exercise has been shown to reduce urinary incontinence and assist in the recovery of pelvic floor muscle function. Pelvic floor physical therapy can often help patients live a normal, healthy life.
  
- 4) What makes Hudson Family Chiropractic and Physical Therapy different than other pelvic floor providers?
  - a) Patients are seen one-on-one, in a comfortable, private treatment room. Initial evaluations generally last 60 minutes and each subsequent treatment session is tailored to meet the unique needs of the patient. The therapist will be with you

for the full treatment session and will establish a custom plan of care specific to your goals.

5) Can I see a physical therapist without a referral?

a) Yes! Most patients can see a physical therapist without a prescription. However, we will be able to check with your insurance company to verify your benefits prior to your initial visit.