

# WOMEN'S HEALTH & THE BENEFITS OF PHYSICAL THERAPY!



## URINARY INCONTINENCE

Urinary incontinence is a loss of bladder control that results in leakage when the muscles of the pelvic floor are weak or underactive. Causes include child birth, hormonal changes, surgical trauma, pelvic fractures, chronic cough, obesity, muscle weakness or even repetitive lifting. Physical therapy can help decrease or resolve urinary leakage, identify bladder irritants and strengthen pelvic floor muscles through an individualized exercise program.

## PELVIC FLOOR STRENGTHENING

Our physical therapist will take a detailed history and perform a musculoskeletal exam. They will look at your posture, spine, hips, and abdomen. They will look for any muscular tightness or trigger points. Treatment for pelvic floor problems may include: internal and external soft tissue and connective tissue release, trigger point release, biofeedback, neuromuscular electrical stimulation, ultrasound, bladder re-training, exercise, core strengthening, patient education or a home program.

## PREGNANCY ISSUES

Discomfort can result from the many changes that are taking place. Some of the problems that can occur due to pregnancy are postural changes, lower back pain, pelvic pressure, decreased control of bowel/bladder, sciatica (leg pain and numbness), leg cramps, carpal tunnel syndrome or other musculoskeletal issues. Following delivery, there can be continued issues with sacroiliac (SI) pain, weakened abdominal muscles, pain from an episiotomy or c-section scar, pelvic floor muscle weakness/pain causing urinary/fecal incontinence or pain during intercourse.

If you are encountering problems during your pregnancy, don't despair. There are ways to help you through this time. A licensed physical therapist, specifically trained in women's health, can evaluate and address the physical issues affecting you.



## PELVIC & ABDOMINAL

Pelvic pain can occur for many reasons. A common cause of pelvic pain is tightening of the muscles of the pelvic floor. The pelvic floor is made up of a group of muscles whose job is to support the pelvic organs (bladder, uterus, rectum) and to control urination. These muscles may tighten in response to pelvic or abdominal surgeries or procedures, childbirth or from chronic yeast or urinary tract infections. Physical therapy can help to eliminate or manage pelvic pain while restoring quality of life.

### EDGEWATER

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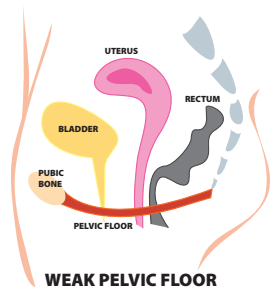
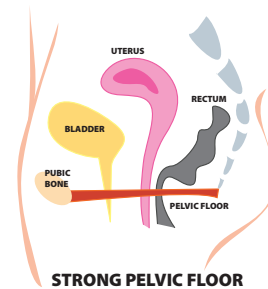
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# PELVIC FLOOR REHABILITATION



## WHAT IS THE PELVIC FLOOR?

The pelvic floor is also known as the pelvic diaphragm. It is composed of muscle fibers of the levator ani and coccygeus which span the area underneath the pelvis. These muscles are important in supporting our internal organs as well as assisting in proper bowel, bladder, and sexual health. They also assist in core stabilization with certain functional activities such as running.



## WHAT WE PROVIDE

- An interview and discussion of your experience including symptoms, medical history, and psychosocial considerations.
- Examination/Evaluation of breathing pattern, posture, joint integrity/mobility, muscle performance, and movement patterns.
- Internal Examination/Evaluation of strength and flexibility of pelvic floor muscles, ligaments, and fascia, and may include use of biofeedback.
- A treatment plan; including goals and a timeline, along with exercises to perform at home.
- Interventions may include, but are not limited to massage and/or trigger point therapy, pelvic floor exercises, gentle strengthening and stretching exercises, nutritional insights, lifestyle modifications, and/or breathing techniques.
- Post - Surgical Rehabilitation for post cesarean section, prolapse repair, vestibulectomy

## OUR SERVICES INCLUDE

- Pregnancy & Post-Partum
- Under Urinary Incontinence:
  - Stress urinary incontinence
  - Urge urinary incontinence
  - Urinary urgency, frequency, slow or hesitant stream, nocturia (nighttime voidance)
- Pelvic Organ Prolapse
- Musculoskeletal conditions
- Diastasis Recti
- SI dysfunctions
- Pelvic/ Abdominal Pain:
  - Vulvodynia/ Vestibulodynia
  - Dyspareunia (Painful intercourse)
  - Coccydynia ( Coccyx or tailbone Pain)

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