

# Discover Pelvic Health

St Joseph Health **Pelvic Health Program** serves men, women and children with pelvic floor dysfunction and/or pelvic pain. We offer care that can provide alternatives or adjuncts to medications and surgery or aid in the Post-Operative healing process.

## How can physical therapy help the pelvic floor?

- Physical therapists that treat pelvic floor dysfunction have very specific and specialized training.
- Therapy for pelvic floor dysfunction, much like physical therapy for any other condition one might see a physical therapist for, would include:
  - A thorough review of your medical history and symptoms
  - A musculoskeletal examination of your posture, spine and hip movement
  - A detailed explanation of possible treatments to allow one to make educated choices about care
- What is different about therapy for pelvic floor dysfunction is that the pelvic floor muscles are examined to determine their contribution to the experienced symptoms and to personalize the treatment plan to achieve therapy goals. This means the evaluation will include a vaginal or rectal exam.

**Treatments** may include manual therapy for bone alignment and soft tissue dysfunction (this can include an internal exam); specific core muscle exercises, nutrition counseling specific to pelvic health concerns; stress reduction techniques which can include biofeedback practices; and education about your symptoms and effective techniques that you can perform at home.

- The first visit will be spent discussing symptoms, the anatomy and function of the region, and most importantly, what physical therapy has to offer in treating the specific condition. An exam is not usually done at the first visit, but may be performed after we have developed a therapeutic relationship with the therapist.
- From our experience, the best outcome happens when everyone works as a team to manage healthcare. The patient and therapist will be able to explore treatment options discuss these options with the primary healthcare professional and progress through the treatment together.

We encourage you to talk to your doctor about St Joseph Therapy Services **Pelvic Health Program** if you are experiencing any of the below symptoms:

- Urinary leakage, urgency or frequency,
- Inability to completely empty the bladder
- **Post-cancer treatment complications affecting the pelvis**
- Frequent urinary tract infections
- Bladder pain
- Chronic pelvic floor burning or irritation
- Constipation or hemorrhoids
- Pelvic pressure or “heaviness”
- Erectile dysfunction
- Painful intercourse
- Pain with using feminine hygiene products or having your gynecological exams
- Hernias or separation of the abdominal muscles
- Fecal leakage

To learn more please call us at 707-441-4454  
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