



September 2008

Physiotherapy and Pelvic Floor Dysfunction

What is the “Pelvic Floor”?

When we talk about the pelvic floor, we are referring to the muscles, organs, and openings underneath the bladder. These structures support us during urinary continence, during childbirth and allow sexual function in women and men. The pelvic muscles also support our organs and help us maintain correct standing posture.

What “dysfunction” can occur?

During childbirth, during surgeries such as a hysterectomy or prostatectomy, with certain injuries (lifting injury, car accident), or with everyday overuse, the muscles of the pelvic floor can become weak, tight, or painful. This can lead to pelvic and low back pain, bladder or uterus prolapse (downwards bulging of these organs), and urinary or fecal incontinence. Incontinence sometimes presents as “accidents” or as an “overactive bladder”. Some people experience incontinence when laughing, coughing, or exercising. Others have a feeling of urgency; an immediate need to go to the bathroom as soon as they step into their house or hear water running. Many people rely on pads or adult diapers to manage their symptoms and don’t realize that Physiotherapy can help. Others live for many years with pelvic pain and are embarrassed or afraid to seek treatment.

What can Physiotherapy do to help?

Most people are not aware that some Physiotherapists can treat the pelvic floor. At Nose Creek Sport Physical Therapy, one of our Physiotherapists, Heather Enns, is licensed to treat pelvic floor dysfunction.

Firstly, problems such as those listed above should be assessed with your family Physician. Some Physicians are not aware how Physiotherapy can help. At our clinic we offer information sheets that may be helpful for you to discuss with your doctor.

If you decide to seek Physiotherapy for pelvic floor dysfunction, here is what to expect:

- Heather will take a detailed history of your symptoms.
- Heather will do an internal exam of the pelvis to evaluate the strength and tone of the muscles.
- Treatment involves strengthening, stretching, and trigger point massage for the pelvic floor muscles.
- Home exercises, postural education, activity modification, and other advice are important components of your rehabilitation.

Perhaps you or someone you know would benefit from this service. Heather would be very happy to answer any questions you may have. Also check out our website for free patient education articles on this topic.

By: Heather Enns, BScPT, RCAMT, Acupuncture, Certified Pelvic Floor PT.

Your Nose Creek Sport Physical Therapy Team.

Starting January 2009, we will discontinue our mail out newsletter. Make sure to contact Kim or Andrea for the online version instead.

(Beddington) Kim:
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(Thorncliffe) Andrea:
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**Ask about our on-site
Massage Therapy Service
at your workplace.**

Massage Gift Certificates are available for half-hour or full one-hour sessions. The gift of massage offers therapeutic trigger point release, relaxation of muscular tension and improved body function through increased circulation. This is a great alternative gift idea. After all, who doesn’t need a massage?

NEW PELVIC FLOOR Physical Therapy service offered at our Beddington location. This service is designed to help patients with incontinence, pelvic floor prolapse, post-partum (after pregnancy), pelvic and tail bone pain.

**Two locations to Serve
You Better:
Beddington 403-295-8590
Thorncliffe 403-275-7728**

www.ncspt.com