

Benefits of pelvic floor therapy:

- Improve bladder and bowel control
- Improve recovery from childbirth or prostate surgery
- Increase social confidence and quality of life
- Improved sexual function
- Pregnancy support and postpartum healing

"If the pelvic floor is not healthy, there is no occupation we can perform."

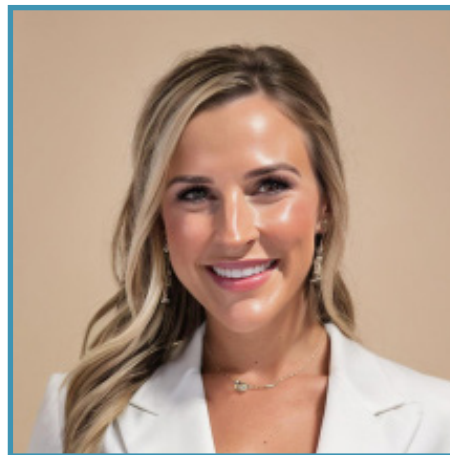
- Alyson Stover

**Contact your provider or therapist today if you think you may benefit from pelvic floor therapy.*

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Pelvic Floor Therapy



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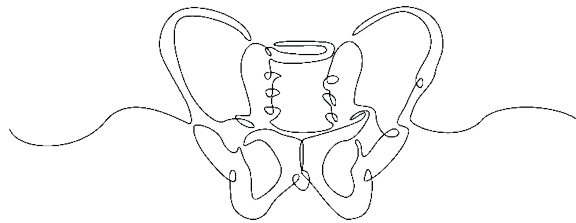
What is the Pelvic Floor?

The pelvic floor is a group of muscles that spans the bottom of the pelvis and support the pelvic organs (the bowels, the bladder, and the uterus). When the pelvic floor muscles are too weak or too tight, they can create problems including poor bladder and bowel control, pain, and dysfunction.

The main functions of the pelvic floor muscles are:

1. Organ Support
2. Elimination
3. Intimacy

Pelvic floor therapy is a specialized treatment focusing on addressing dysfunction in the muscles that support your bladder, bowels, uterus, and sexual function.



Treatment goals include exercises and breathing techniques that relieve tension, improve muscle strength, and restore your pelvic health.



Signs of pelvic floor dysfunction can include:

- Peeing when you cough, sneeze, or jump
- Bladder or bowel urgency OR incontinence
- Pain with intimacy
- Pelvic pain
- Postpartum healing
- Constipation

Types of pelvic floor therapy:

- Manual therapy
- Exercises and stretching
- Behavioral and relaxation techniques
- Education and adaptation
- Electrical stimulation
- Biofeedback

