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Pelvic Floor Pain?

Physiotherapy
Can Change Your Life!

CITYPLACE

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Toronto, Ontario M5A 1M1

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We Are Open & Booking Clients

Our team has been working diligently to create the safest experience for you and our staff. We are maintaining safe policies, PPE, and procedures to keep you healthy. Book the appointment you've been missing, whether in-clinic or virtually, today!

Pelvic Floor Therapy Can Change Your Life



Pelvic pain is no joke. The pelvic area is an important part of the body that serves many purposes, especially for women. Pelvic pain can happen at different points throughout your menstrual cycle, during pregnancy, after giving birth, and even as a result of an underlying condition. Some pelvic conditions may also result in painful intercourse or infertility issues.

Dealing with pelvic pain alone can be very confusing and scary, but luckily, it can be addressed and possibly fixed through pelvic floor rehabilitation. Some of the most common pelvic conditions that our therapists treat include postpartum pelvic pain, pain following abdominal surgery, dyspareunia, and endometriosis.

Take a look at the following reasons for pelvic floor pain:

Why Am I Experiencing Pelvic Floor Pain?

- **A recent abdominal surgery.** If you are recovering from a recent abdominal surgery, pelvic floor rehabilitation can assist with breaking up scar tissue, improving strength, and regaining range of motion in your abdomen/pelvic region.
- **Endometriosis.** Endometriosis is a condition many women suffer from without even knowing it. This condition can affect the bones, muscles, ligaments, and nerves in the pelvic region and cause excess scar tissue. Pelvic floor rehabilitation can help reduce the pain and bloating that you may be experiencing with endometriosis, in addition to strengthening the pelvic floor muscles.
- **Urinary leakage or frequency.** If you're struggling with urinary incontinence, a physiotherapist can help determine the root of your problem. Instead of simply treating the symptoms, your physiotherapist

can focus on the cause and focus on strengthening the muscles under your bladder. This will help treat and eliminate your incontinence issues.

- **Constipation.** Pelvic floor therapists can loosen and relax the muscles in your pelvic and anal areas, which can help relieve and eliminate constipation.
- **You recently had a baby.** After giving birth, it is common for new mothers to experience strained muscles and/or connective tissue damage in their pelvic floor. Pelvic floor rehabilitation helps with postpartum pelvic pain, in addition to strengthening and restoring any damaged muscles or tissues.

What to Expect From Pelvic Floor Therapy

Pelvic floor therapy focuses on strengthening the ligaments, tendons, and muscles of the pelvic floor. When muscles in the pelvic area become tight or weak, your daily life can be negatively impacted, because this region helps in supporting the core of your body and is a key part of everyday movement.

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PATIENT SPOTLIGHTS



All of the staff I interacted with were extremely nice people."

"I was very lucky to have Nava as my physio and I had a great experience. She built and adapted a routine over the course of my sessions that tackled the source of my issue. It very much felt like it was specifically tailored to what I needed. As well as this, I found her to be really easy to chat to, which made me feel more comfortable reaching out to her when I did have questions. All of the staff I interacted with were extremely nice people and great professionals." – Niall M.



They have a great source of energy..

"I really appreciate the time coming here around October 2019 getting advice and support from the staff. They have a great source of energy and were very helpful to try and get me over this hurdle. I still do physiotherapy with them now even when I had the online virtual chat from home due to Covid-19 the advice was still fantastic. I would highly recommend them they will guide you and be a great source of inspiration to you." – Zach F.



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One of our licensed physiotherapists will take a look at your medical history, and conduct a thorough examination to decide what type of treatment you'll need. This may include stretches, ultrasound therapy, manual therapy, and at home exercises to reduce pain and strengthen or loosen your pelvic muscles, depending on your condition. Did you know that pelvic floor rehabilitation is a common option for women who are preparing for childbirth? It ensures an easier delivery and oftentimes can prevent the need for a C-section.

Some common techniques used during pelvic floor rehabilitation include:

Ultrasound therapy. This kind of therapy focuses on using soothing heat for relief in the affected pelvic region. It's a safe and effective way to relax tight muscles and tissue.

Diaphragmatic breathing. Your physiotherapist can teach you how to practice deep breathing exercises. These will allow your diaphragm to expand and contract properly, which helps in relaxing muscles in the pelvic area. Relaxed muscles will drop and lengthen, providing simple pain relief. These breathing exercises can also be done at home.

Relaxation techniques. Physical therapy also focuses on relaxing! Relaxing your muscles allows them to ease tension, which makes it easier to stretch and massage them later. It's not always easy to relax on command though, so your physiotherapist may suggest specific relaxation techniques, such as guided imagery or biofeedback, to assist you with the process.

Postural exercises. These specific types of exercises are aimed at refining and strengthening the pelvic floor muscles that affect posture. These exercises are typically done with large medicine balls. Your physiotherapist may suggest that you purchase one to use at home on your own as well.

Pelvic pain is caused by a number of different factors, and pelvic floor rehabilitation can help reduce or eliminate the pain and symptoms you are experiencing. If you are suffering from pelvic pain, endometriosis, having issues with urinary incontinence, have recently given birth, or just want to make sure that all is well with your pelvic floor, it's a great idea to see a physiotherapist!

Call Foundation Physiotherapy & Wellness Today

At Foundation Physiotherapy & Wellness, your physiotherapist will conduct a thorough examination, find the source of your pain, and create a customized treatment plan to help reduce the severity of your symptoms. We want to make sure you feel seen and heard, and leave our office knowing you're in good hands. Give us a call today to schedule an appointment and get back to living your life without that nagging pelvic pain!

IF YOU THINK YOU NEED PELVIC HEALTH PHYSIO, GET A FREE 15 MIN CALL WITH A PHYSIO BY CALLING TODAY!

PERSONAL TRAINING

FEATURED SERVICE

Personal training is a one-on-one strength and conditioning program created and supervised by a health professional. The goal of personal training is to improve strength and cardiovascular capacity in a safe and effective manner to reduce the risk of injuries while maximizing functional outcomes.

WHAT DOES THE PROGRAM ENTAIL?

The 5-week program includes five weekly visits. Each visit will include a 60-minute exercise session in a fully-equipped gym working one-on-one with one of our physiotherapists. In the first session, we reserve an extra 30-minutes for a discussion of goals, along with a detailed assessment of posture and movement, strength, and flexibility, in order to create a personalized strength and flexibility program.

Expect to sweat, work hard, and breathe heavy!

Along with the one-on-one sessions, Jared or Nava will provide a personalized flexibility program to be completed at home between sessions. They will also provide you with a home strength program for other days of the week, in order to meet Canada's activity guidelines of two strength workouts per week! Nutritional support as well as email and phone support will be provided throughout the program as well!

All fitness and gym equipment is fully sanitized between clients, and masks are worn by your supervising physiotherapist.

To learn more, call us today or visit our website at <https://foundationphysio.com/physiotherapy-treatments/personal-training/>



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AT-HOME EXERCISE

Use This Exercise to Help Back Pain

PELVIC TILT

While lying on your back, use your stomach muscles to press your lower back into the floor. Stay in this position for a few breaths, then return to neutral position. Complete 5-10 reps.

Helps relieve low back pain

Always consult your physiotherapist before starting exercises you are unsure of.



foundation
PHYSIOTHERAPY
& WELLNESS

PHYSIOTHERAPIST SPOTLIGHT



NAVA NASERI, MScPT

**Resident Physiotherapist, Pelvic Health
Physiotherapist**

I graduated from the University of Toronto with a Master's of Science in Physiotherapy. Prior to this, I completed my Bachelor's in Kinesiology at the University of British Columbia and worked as a Personal Trainer. I am also trained in Pelvic Floor Physiotherapy.

I chose to pursue Physiotherapy as a career as it encompasses some of my core values: helping others and living a physically active lifestyle. Furthermore, growing up as a competitive figure skater, I found it fascinating how movement could optimize the body's inherent ability to heal, and the impacts of an area of the body up or down the chain.

I have experience working with a broad range of populations across various settings, including orthopaedic private practice, spinal cord injury rehabilitation, and paediatrics. I will prioritize taking the time to learn your needs, understand your concerns and recognize your perspectives in order to discover new ways to deliver therapy and enhance your recovery - all while boosting your self-confidence in taking charge of your health! During our therapy sessions, you can expect a combination of manual therapy, with a strong emphasis on education & exercise prescription, including mobility, motor control, and functional strength training. My plan is to empower and equip you with the knowledge to achieve your goals and become the best possible version of yourself! I hope to pursue further education in advanced manual therapy, and acupuncture.

Moving from the West Coast to Toronto, I have temporarily traded my love for hiking into a passion of trying diverse restaurants in this city (I have great taco and donut recommendations) and cheering on the Raptors! In my spare time, I enjoy weight lifting, cooking new recipes, reading, playing piano, and doing yoga.

PHYSIOTHERAPIST SPOTLIGHT



RAPHAËLE LEMIRE, MScPT

**Resident Physiotherapist, Pelvic Health
Physiotherapist**

Bonjour à tous, I'm Raphaële! I am a bilingual Resident Physiotherapist here at Foundation. I am a compassionate and outgoing graduate from the University of Ottawa's bilingual Physiotherapy program. Prior to my Master's degree, I completed my undergraduate degree at McMaster University in Honours

Kinesiology (Go Mac Go!).

Ever since childhood, I've always prioritized the importance of an active lifestyle by dancing competitively and semi-professionally in various styles. While dance has led me to my fair share of injuries, it has also led me to fall in love with the profession of physiotherapy. As an athlete and artist, I hone in on the importance of tailored movement-based rehab to decrease your pain and increase your function. Education as well as manual therapy are also core components of my approach. Together, we will come up with a treatment plan that fits you and your needs! Though I have gained valuable experience working with general orthopedic conditions including TMJ, I have a special interest in treating dancers and artistic athletes. I am also trained in Pelvic Floor Physiotherapy! I also plan to further my knowledge in taping techniques, dry needling, and other manual therapy post-graduate courses.

Outside of work, I enjoy functional strength training, biking around the city, eating(!), spending time outdoors, discovering new R&B music, dancing, and petting all of the dogs! I am proud to offer services in both French and English to my clients!

www.FoundationPhysio.com