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*How Physiotherapy
Can Improve Your*
PELVIC HEALTH

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!

Are you experiencing pain in your intimate areas? Have you struggled with incontinence? For some, it can be challenging to talk about these types of struggles. At Foundation Physiotherapy & Wellness, we are musculoskeletal experts and work with people experiencing difficulties in all body regions.

Our highly trained team uses the most advanced strategies to help alleviate the pain and restore normal function of the bowel and urinary systems. We also help people experiencing pain during sex and experiencing dysfunction in sexual performance.

Everyone has a pelvic floor, and learning how to resolve issues can significantly impact your overall well-being. At Foundation Physiotherapy & Wellness, our team works with all types of problems affecting the pelvic region regardless of gender identity.

What is the pelvic floor?

The pelvic floor is a term used to describe the region located in the bottom aspect of the pelvis. The pelvic floor is a complex system that works with the structures and systems in the pelvic cavity and the body.

The pelvic floor is supported by several muscles that also provide several essential functions, including supporting the organs found in the pelvis, bladder and bowel control, and sexual function. Impairments in muscle function can lead to pain and dysfunction.

The ability to contract the pelvic floor correctly can be affected by several factors, including:

- Weakened bladder muscles resulting from pregnancy, childbirth, obesity, and aging
- Physical damage to your pelvic floor muscles from childbirth or surgery
- Damage to the nerves from health problems like diabetes and multiple sclerosis
- Enlarged prostate
- Types of cancer
- Certain medications
- Trauma [physical, psychological/emotional]

Strong pelvic floor muscles are essential with activities where an extra force is added to the abdomen and pelvic floor (i.e., coughing, laughing, sneezing, and lifting). When these muscles are weak or not working as they should, pelvic floor dysfunction may occur. Fortunately, our physical therapists know how to identify the factors contributing to your problems and, more importantly, how to resolve them!

What are the most common issues people face?

The pelvic floor muscles are needed for sexual function, urination, and defecation. Impairments are often ignored early on due to the difficulties of talking about this region of our body. We understand people's difficulties, but it is important to note that addressing an issue when it first starts will often lead to a quick resolution and the most complete recovery.



Women experience pelvic floor conditions, including painful menstrual periods, painful urination, and urinary incontinence. The impairments will even lead to pelvic organ prolapse and chronic pelvic pain for some.

Men often don't know about the pelvic floor until there is a problem. The most common issues include urinary dysfunction after prostate cancer treatments. Typically these symptoms range from some leaking to complete loss of bladder control or irritation/discomfort when urinating. Pelvic floor dysfunction for some may lead to erectile dysfunction.

Fortunately, our physical therapists are trained in pelvic rehab no matter your gender and can help you resolve any issue you may be experiencing.

How physical therapy can help

Our therapists at Foundation Physiotherapy & Wellness tailor our programs to the individual using research-backed, comprehensive treatment programs. We will conduct a thorough history and physical examination to identify all the possible factors contributing to your condition.

Evaluating the strength of the pelvic floor muscles includes assessing your ability to willfully contract your muscles and also identifying your ability to generate power and sustain a contraction (endurance). It is also essential to test your contraction speed and your ability to relax on command.

We will use this information to develop an individualized program focusing on helping you resolve your pain and restore your function. Our pelvic floor treatments include:

- Soft tissue mobilization and massage of internal and external pelvic musculature to relieve muscle tension and provide pain relief
- Pelvic floor muscle retraining to restore normal strength and endurance
- Neuro-retraining (i.e., incorporating pelvic floor muscle activation during simulated daily activities)

- Electrical stimulation modalities for pain relief and to restore normal neuromuscular activation of the pelvic floor muscles and nerves
- Bladder training (i.e., gradually holding urine for longer and longer periods)

Our team will educate you on home exercises and simple movements that you can build into your everyday activities. We believe that teaching you strategies to manage and improve your pelvic health is the key to lasting results.

Request an appointment

At Foundation Physiotherapy & Wellness, our physical therapists can help with incontinence, pelvic pain, and sexual dysfunction, whether your condition results from reconstruction surgery, abdominal surgery, prostate cancer treatments, pregnancy, or childbirth. No matter what it is, we most likely treat it.

Contact your closest Foundation clinic today and request an appointment with one of our pelvic health specialists!

Sources:

- <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD005654.pub4/full>
- https://journals.lww.com/co-obgyn/Abstract/2019/12000/Pelvic_floor_physical_therapy_in_the_treatment_of.19.aspx
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SPEAK WITH A PELVIC HEALTH PROFESSIONAL

Want to learn more about how Physio can improve your pelvic health?

Our Pelvic Health Physiotherapists offer FREE 15-minute introductory calls.

FREE 15-MINUTE DISCOVERY CALL



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PHYSIOTHERAPIST SPOTLIGHT



ALEXANDRA WILEY, MScPT
Resident Physiotherapist
Pelvic Health Physiotherapist

Hey, I'm Alex. I graduated from McGill University with a Masters in Physiotherapy. Prior to this, I completed my undergraduate degree in Kinesiology with Honours at Dalhousie University, where I played on the Varsity Women's Soccer Team. At Dalhousie, I was also a student therapist for the Varsity Cross Country and Track and Field teams.

My passion for movement and living an active lifestyle has shaped my treatment style. I have experience treating all age categories from young teenagers to seniors with neurological conditions. I like to focus on patient education and exercise to help you meet and sustain your goals. I will take the time to understand what is important to you and build an individualized plan that meets your needs. Being an avid runner and my personal experience in high level team sport, I understand the time and dedication people put towards their activities and the importance of returning to what they love.

When I'm not at the clinic I enjoy exploring the city and surrounding area by cycling or running. I love spending time with friends at the park or exploring new restaurants. I am always open to new restaurant recommendations and fitness classes to try!

AT-HOME EXERCISE

DEEP BREATHING

Start by sitting up straight with your legs crossed. Slowly inhale through your nose, fully expanding your chest and diaphragm. Slowly exhale through your mouth. Repeat 10-15 times.

