

## INSIDE:

- Check Out Foundation's Exciting Partnership
- At-Home Pelvic Strength Exercise
- Staff Spotlight

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*How an Integrated Approach*

# HELPS SUPPORT PELVIC HEALTH

# How an Integrated Approach HELPS SUPPORT PELVIC HEALTH

Are you experiencing pelvic pain? Have you struggled with incontinence? We understand that discussing these sensitive issues can be challenging. At Foundation Physiotherapy, we have a dedicated integrated team of healthcare professionals who help individuals facing various health issues regardless of gender identity.

Our interdisciplinary team of highly trained physiotherapists, chiropractors, and massage therapists employs advanced strategies to address pelvic health concerns, including managing pain and restoring normal bowel and urinary functions. We also offer support for individuals experiencing discomfort during sexual activity.

If a pelvic health issue is affecting your overall well-being, we encourage you to request an appointment with our multidisciplinary team. We routinely collaborate to ensure optimal outcomes and provide the relief you seek!

## What Is the Pelvic Floor?

The pelvic floor is a term used to describe the region located in the bottom aspect of the pelvis. This system 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.

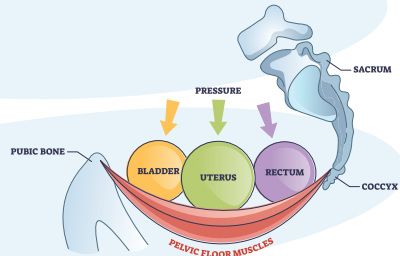
The ability to contract the pelvic floor correctly can be affected by several factors, including:

- 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
- Types of cancer
- Certain medications
- Trauma (physical, psychological/emotional)

Fortunately, our integrated team works together to identify and resolve the factors contributing to your discomfort.

## The Different Types of Urinary Incontinence

Urinary incontinence is any undesired leakage of urine and involves the pelvic floor muscles. The pelvic floor muscles attach to the bottom of the pelvic bones and form a supportive “hammock structure” that supports the internal organs.



The different types of incontinence include:

- **Stress incontinence:** This occurs when intra-abdominal pressure increases during physical activity (i.e., playing a sport, laughing, or sneezing).
- **Urge incontinence:** This accidental leakage occurs with a sudden, strong need to urinate before reaching the bathroom.
- **Mixed incontinence:** A combination of both stress and urge incontinence.
- **Functional incontinence:** People experience accidental leaking on the way to the bathroom, even without an intense urge to urinate.
- **Urinary frequency:** Some people feel the need to empty their bladder frequently throughout the day and night.

Incontinence affects twice as many women as men due to pregnancy, childbirth, and menopause. Fortunately, there are many treatments for urinary incontinence.

## Your Pelvic Health Session: What to Expect

When you visit Foundation Physiotherapy, you will unlock a personalized treatment plan designed just for you. 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:

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](https://journals.lww.com/co-obgyn/Abstract/2019/12000/Pelvic_floor_physical_therapy_in_the_treatment_of.19.aspx); <https://www.mdpi.com/2075-4426/11/12/1368/html>; <https://pubmed.ncbi.nlm.nih.gov/30137629/>; <https://pubmed.ncbi.nlm.nih.gov/24868546/>

- 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.

Our integrated team of healthcare specialists, including physiotherapists, chiropractors, massage therapists,



nutritionists, and psychologists, can provide optimal outcomes for individuals managing pelvic health issues. This multifaceted approach ensures comprehensive care, addressing physical, emotional, and nutritional aspects, leading to more effective solutions and improved overall well-being.

*Is a pelvic health issue affecting your overall well-being?*

**BOOK NOW!**

## **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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## STAFF SPOTLIGHT



### ALEXANDRA WILEY

**MScPT, CSCS, Registered Physiotherapist,  
Pelvic Health Physiotherapist, Certified  
Strength and Conditioning Specialist**

CityPlace

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!

**BOOK NOW!**

## AT-HOME EXERCISE

### BREATHING TECHNIQUE FOR PELVIC FLOOR HEALTH

*You can perform this exercise in any position — sitting, lying, or standing.*

1. **Inhale** — as you breathe in, let your pelvic floor muscles relax and your belly expand
2. **Exhale** — as you breathe out, lift your pelvic floor as if you are drawing something in or stopping your urine stream.
3. **Inhale** — relax & let go of your pelvic floor muscles.
4. **Exhale** — fully drop your pelvic floor, as if you are starting your urine stream.

This is one repetition, repeat the exercise for a total of 10 repetitions.

[www.FoundationPhysio.com](http://www.FoundationPhysio.com)

