

PELVIC HEALTH PHYSIOTHERAPY



Clarkson Sports & Physiotherapy is Your Partner in Health

Did you know?

- You have 14 pelvic floor muscles which are part of your core, that can get stronger with regular, targeted exercise
- These are important for preventing back pain, pelvis pain, incontinence, and for improved sexual intercourse
- Incontinence is second only to falls for long-term care admissions
- Needing incontinence products (Depends, diapers etc) is NOT inevitable
- it is important to be properly assessed as weak pelvic floor muscles are just one of the many causes of incontinence
- A strong pelvic floor reduces pain during pregnancy, improves labour, delivery and post-partum

Take Charge of Your Health!

PRINT Page 4 & put it on your fridge!



Ulia Shakeel, PT

What is my pelvic floor?

Your pelvic floor is a group of muscles that are located at the bottom of your pelvis. They work together to tighten the pelvic ring, vagina, and to prevent urine leakage and control bowel movements.



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Why pelvic health physiotherapy?

- To **strengthen** your pelvic floor muscles which **support** your bladder, uterus and bowel, and avoid incontinence/leaking
- To **prevent** post-partum issues (prolapse, leaking, etc)
- To feel more **empowered** about labour and delivery
- To **avoid** running to the bathroom everywhere you travel
- To **eliminate** pelvis & back pain
- To feel more **in control** of your body!
- To **age well** and remain physically active with your family



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What happens in my treatment sessions?

- It is customized for you: education, manual therapy, and exercises.
- Internal examination is done with your informed consent and comfort levels. It is normal to feel anxious about this!
- There is so much more to a woman's pelvic health than just "Kegels"!

Free, 15-minute consultation with our Pelvic Health Physio if you would like to discuss this privately and reduce your fears or anxieties

You will be treated as a *partner* in your health, with:

- Confidentiality
- Privacy (private rooms with a door)
- Your informed consent
- The best current science-based treatments
- Your lifestyle, social and religious factors taken into consideration
- Gaining your trust
- Collaboration
- A discussion of barriers to doing your exercises
- Your goals in mind
- An individualized treatment plan based on your assessment



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Pelvic Floor Muscle Strengthening (Kegels)

Put on fridge or bathroom mirror to get you in the habit!

- Contract your **front muscles** by imagining that there is a blueberry sitting at the opening of your urethra (where urine exits). Squeeze the blueberry and draw it in towards your bellybutton.
- OR imagine you are stopping the flow of urine * (never actually stop the flow of urine on the toilet, as this can cause health issues)*.
 - Using a mirror you will see the the vulva lifting upwards.
- To contract the **rectal muscles** imagine you are stopping the passage of gas.

- To start, time how long you can hold the contraction, then add one second to this starting point. Slowly, over the following weeks, you can build up to 10-second holds.
- Do 3x/day, holding 30sec, resting 10 sec in between.
- Avoid holding your breath or using your buttocks, inner thighs, or abdominal muscles.
- Start your pelvic floor exercises in lying and progress to sitting, standing, then during functional activities (sit-stand, squat, lift)
- Coordinate: breathe in and relax your pelvic floor, breathe out and contract your pelvic floor.
- It takes 3-4 months to see the benefits.

If you notice symptoms worsening or not improving, see our **Pelvic Health Physiotherapist**. Our Pelvic Physio has training in internal palpation of the pelvic floor muscles and will design a customized treatment program for you!

We are a partner in your healthcare journey!



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