

How Can Physical Therapy Help Your Pelvic Floor?

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Pelvic Health and Physical Therapy: Overview

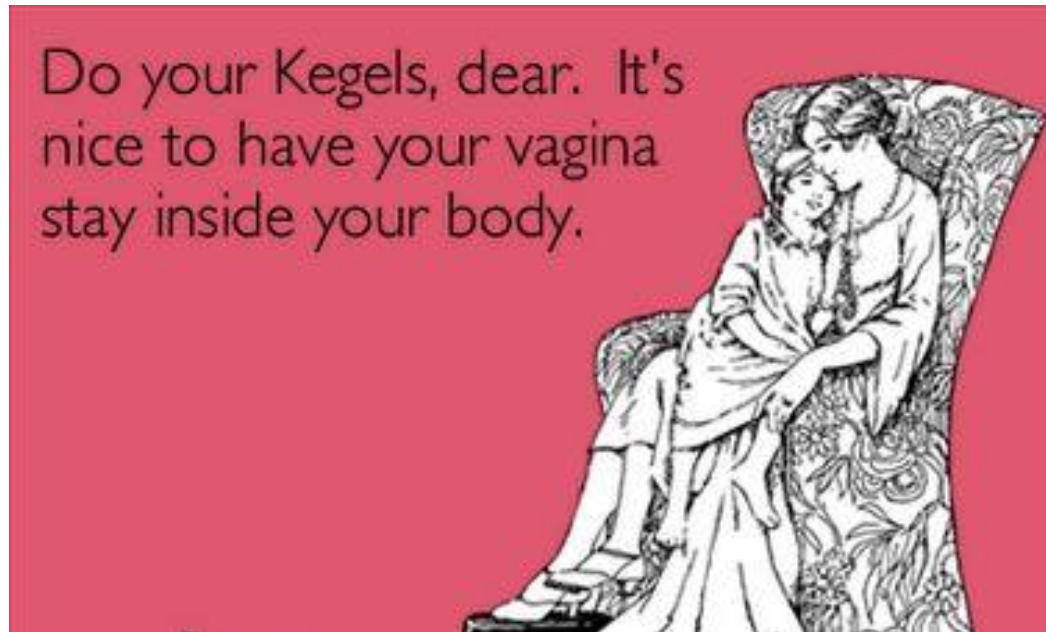


Image source:

<https://i.pinimg.com/originals/35/48/d0/3548d046b54ee89a2e5f7e87007b8f6e.png>

<http://www.feroniaproject.org/kegels-the-secret-exercise/>



Date

Pelvic Health and Physical Therapy: Referrals

- Urinary Incontinence
- Bowel Dysfunction
- Pelvic Pain
- Prenatal & Postpartum Conditions

Urinary Incontinence

Urinary Incontinence: Conditions & Assessment

- Stress vs Urge vs Mixed
- Pelvic Muscle Assessment
- Bladder Log
- Strengthening vs Relaxation Techniques



Urinary Incontinence: Treatments

- Individualized home exercise program
- Education on potential bladder irritants
- Manual therapy for decreasing tightness and trigger points
- Use of biofeedback for pelvic floor training
- Lifestyle and behavior changes

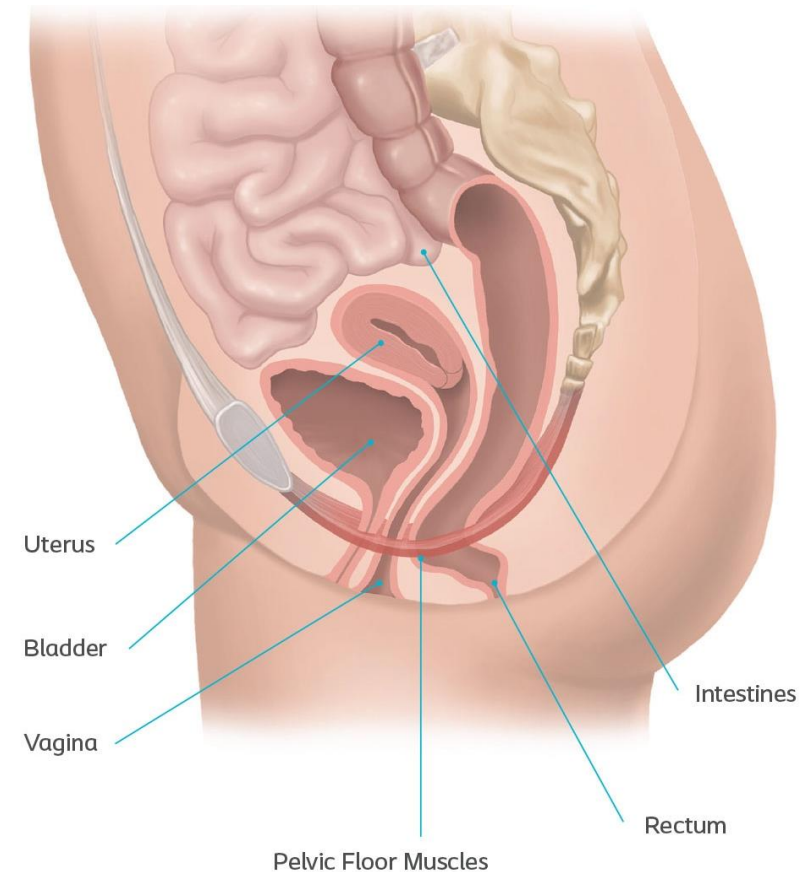


<https://www.cmtmedical.com/product-category/semg-biofeedback/semg-accessories-2/page/2/>

Bowel Dysfunction

Bowel Dysfunction: Conditions

- Fecal incontinence
- Gas and abdominal pain
- Constipation and straining
- Chronic hemorrhoids
- Pelvic organ prolapse



Bowel Dysfunction: Treatments

Like bladder dysfunction treatments, just a different neighborhood!

- Individualized home exercise program
- Education on potential GI system irritants
- Manual therapy for decreasing tightness and trigger points to the hips, glutes, pelvic floor, and low back
- Use of biofeedback for pelvic floor training
- Lifestyle and behavior changes
- Breathwork and pressures management

Pelvic Pain

Pelvic Pain: Conditions

- **Interstitial Cystitis (IC)**
- **Persistent Pelvic Pain**
- **Prostate Cancer Treatment**
- **Overactive Bladder**
- **Vaginismus (symptoms as defined by vaginismus.com)**
 - Difficult or impossible penetration, entry pain, uncomfortable insertion of penis
 - Burning or stinging with tightness during sex
 - Difficulty inserting tampons, even after repeated attempts
 - Difficulty undergoing pelvic/gynecological exam with speculum
 - Avoidance of intercourse due to fear, pain, or failure
- **Dyspareunia**
 - persistent or recurrent genital pain that occurs just before, during or after sex

Pelvic Pain: Treatments

- Manual therapy and myofascial release
- Pain Neuroscience Education
- Cognitive Behavioral Therapy
 - pain trigger identification
 - Environmental, Internal
 - habit modification
- Desensitization to triggers through graded exposure
- We STILL do the pelvic floor functional assessment!



Prenatal & Postpartum PT

Prenatal & Postpartum PT: Conditions

- Urinary or Bowel Incontinence
- Low Back Pain Related to Pregnancy/Delivery
- Hip Pain
- Sciatica
- Core weakness



Prenatal & Postpartum PT: Conditions

- Pubic Symphysis Pain
- Diastasis Recti
- Cesarean Section Scar Pain or Adhesions
- Pain with Intercourse or Sexual Activity
- Pelvic Organ Prolapse

Prenatal & Postpartum PT: Treatments

- Individualized home exercise program
- Manual therapy for decreasing tightness and trigger points
- Scar tissue mobilization
- Use of biofeedback for pelvic floor training
- Education for body mechanics and posture
- Lifestyle and behavior changes



Questions?

Thank You

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