

PELVIC FLOOR PHYSICAL THERAPY



WHAT IS THE PELVIC FLOOR?

The pelvic floor is a group of muscles that span the bottom of the pelvis from the pubic bone to the tail bone like a hammock. There are three layers to the pelvic floor. The first and second layer contain the sphincter muscles that are responsible for urinary and bowel continence. They also play a major role in sexual function. The third layer is the bottom of your core and provides support for pelvic organs. The pelvic floor also works with the diaphragm and abdominal muscles to stabilize the trunk.

WHAT IS PELVIC PHYSICAL THERAPY?

Just like any other muscle in the body, the pelvic floor can be tight, weak or both. A pelvic physical therapist is trained to evaluate the pelvic floor and diagnose impairments that are causing pain or a decrease in function. Pelvic physical therapists often use both internal and external manual techniques in addition to exercise and a home program prescription to reach the individualized goals of their patients. They are extremely comfortable talking about everything having to do with sex, poop and pee. They are also trained to treat the rest of the body.

WHEN SHOULD YOU SEE A PELVIC PT?

Peeing or pooping yourself, peeing too frequently, pain with penetration, the feeling of heaviness, pelvic pain and sexual dysfunction are all indicate pelvic floor impairments. Common diagnoses include prolapse, hemorrhoids, diastasis recti and incontinence of all kinds. Low back, sacral, tailbone, hip and pubic pain are also connected to pelvic floor dysfunction. Majority of these issues are related to pregnancy and postpartum but you do not have to be a mom to have these problems. It's also never too early or too late to see a pelvic physical therapist!