



Pelvic Floor Dysfunction

Many women suffer from pelvic floor dysfunction and incontinence.

Let us help you take control.

Pelvic floor dysfunction can occur in the form of:

- Incontinence (urinary and/or fecal)
- Bowel and bladder dysfunction
- Painful intercourse
- Myofascial pelvic and abdominal pain

Common musculoskeletal issues that affect pelvic floor dysfunction are:

- Underactive pelvic floor muscles, often due to, childbirth, injury, trauma, vaginal surgery, rectal surgery or lack of exercise
- Overactive pelvic muscles which can't fully relax
- Spine/hip pathology
- Abdominal surgery

Ask your provider if physical therapy is appropriate for you. Our team can help with:

- Full musculoskeletal exam
- Instruction on how to change or modify behaviors that contribute to symptoms
- Education about where the pelvic floor muscles are, how they function and how to improve their function
- Introducing new ways to decrease urinary urge and frequency
- Biofeedback to demonstrate how the muscles are working
- Internal pelvic floor manual therapy

LOCATIONS:

Physical Therapy - Irondequoit

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Physical Therapy - Ridgeway

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