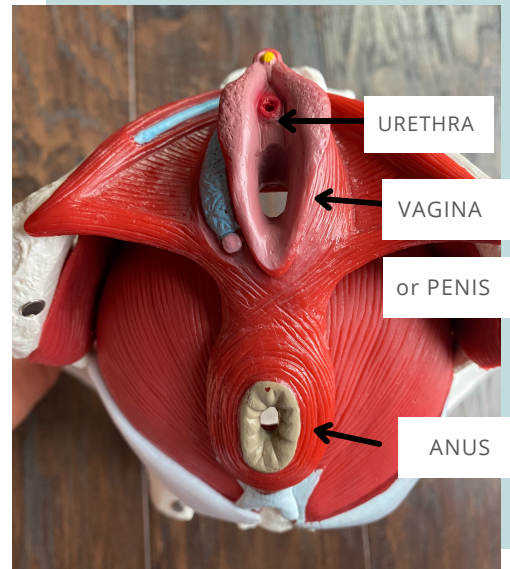


PELVIC FLOOR 101

WHAT IS IT?

The pelvic floor is a group of muscles, nerves, and ligaments that sit like a hammock at the base of the bony pelvis. Connecting to the pubic bone in front, to the tailbone in the back and from side-to-side between the sit bones, these muscles play an integral part in our daily lives.



WHAT DOES IT DO?

- Stabilizing: provides stability to the hips, low back and pelvis
- Supportive: supports pelvic organs (bladder, vagina, uterus, and rectum)
- Sphincteric: bladder and bowel control
- Sexual: plays role in sexual function

WILL KEGELS HELP?

There are some common but NOT normal pelvic floor symptoms. The good news is that pelvic floor physical therapy can help with each of these!

- Urinary leaking with coughing, sneezing, jumping, running
- Pelvic pain or pain with sex
- Low back or hip pain
- Pelvic prolapse and heaviness



PELVIC FLOOR DYSFUNCTION

The following are common symptoms and issues that may occur when the pelvic floor is not functioning properly.

URINARY SYMPTOMS

Urinary incontinence or leaking is common but NOT normal! This may be in the form of leaking with: exercise such as running or jumping, coughing/sneezing/laughing, or with sudden strong urges to urinate. Urinary urgency and frequency is also another sign of pelvic floor dysfunction.

PELVIC PAIN

Pelvic floor dysfunction can happen if the nerves, muscles, or joints of the pelvis are irritated. Pain can manifest in the pelvis and/or genitals, tailbone, low back, abdomen, or just below the abdomen.

ORTHOPEDIC PAIN

Low back pain, hip pain, and tailbone pain are all common issues that people may experience, and pelvic floor muscles can be a missing piece. The muscles of the pelvic floor help to stabilize the hip and low back and all attach onto the tailbone.

GI + BOWEL

The pelvic floor functions to control elimination. Dysfunctional muscles of the pelvic floor can contribute to conditions such as diarrhea, constipation, or IBS. Painful bowel movements or straining and fecal or gas leakage are all signs of pelvic floor dysfunction.

SEXUAL DYSFUNCTION

Sexual function in all genders is controlled by the pelvic floor. This can manifest as pain with penetration, pain following intercourse, difficulty or pain with having an erection, and pain with ejaculation. There are many things that pelvic floor physical therapy can do to help with normal and pain-free sexual functions.

There IS help! Pelvic health physical therapy can help you resolve these symptoms and find lasting relief. Pelvic PT addresses pelvic trigger points, optimizes movement patterns, restores optimal function, and addresses the root cause to your problem.

CONTACT US



AWAKE PELVIC HEALTH
& WELLNESS

WWW.AWAKEPELVICHEALTH.COM

PHONE: (651) 432-0250

EMAIL: HANNAH@AWAKEPELVICHEALTH.COM
