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It's important to pay attention to your pelvic floor

Pelvic Floor dysfunction is something that affects an enormous number of women and men. Although most people aren't aware that these muscles exist (or what on earth they do), they can develop problems just like any other muscles in the body—problems like weakness, tension and pain.

Some of the tell-tale signs that might indicate you are experiencing problems with your pelvic floor include the following:

- Pain with intercourse
- Overactive Bladder
- Urinary urgency
- Leakage of urine
- Pelvic Organ Prolapse
- Painful Bladder Syndrome
- Low back/Pelvis/Genital pain

The pelvic floor muscles are extremely important in bladder/bowel health and sexual health, and if you are experiencing problems in any of these areas, Pelvic Health Physiotherapy might be a solution for you. Often these problems arise because the muscles of the pelvic floor, which physically hold up the organs located in the pelvis (like the uterus, the bladder and the rectum), are

either too tense or too weak. Importantly, kegels are not the solution for everyone. In some scenarios practicing kegels can worsen symptoms, so it is important to have a pelvic health physiotherapist assess whether or not strengthening is in your best interest.

It is strongly recommended that post-partum women see a pelvic health physiotherapist for an assessment six weeks after delivery to address scarring and muscle weakness. This can prevent a host of problems from developing down the road, and is routine practice in other countries around the world following pregnancy and delivery. Whether you've had a c-section or a vaginal delivery, the tissues in the pelvic girdle require rehabilitation to return to normal function.

Just consider how quick we are to seek help after a hamstring tear. Why should we treat the muscles of the pelvic floor any differently after the rigors of childbirth?

Article submitted by Ola Jiskra,
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Dr. Keith DaSilva

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- Are you living in Pain or Discomfort
- Are you wondering what treatment options are available
- Do you think you need surgery



Low back pain is the most common complaint of all musculoskeletal problems, affecting up to approximately 80% of people in their lifetime.

To learn more about treatment options for common complaints like sciatica, a pinched nerve, bulging discs, degenerative disc disease and WHEN and IF surgery is an option, contact us.

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