



What is pelvic floor therapy?

Pelvic floor therapy is a specialized type of therapy used to improve the function of the pelvic floor muscles. A therapist specially trained in pelvic floor dysfunction may perform an assessment of the pelvic muscles externally or internally to identify joint dysfunction, muscle tightness, weakness, imbalances, or faulty patterns. This assessment allows the therapist to create an individualized and comprehensive treatment program to get you feeling like your best self.

What is pelvic floor dysfunction?

Pelvic floor dysfunction occurs when the muscles in the lower abdomen and pelvis do not work properly. These pelvic floor muscles function as part of the “core” and are often implicated in hip, back, and pelvic dysfunction. Some individuals can experience overactive pelvic muscles, while others experience underactive muscles. A variety of symptoms can be experienced depending on the type of dysfunction. While commonly associated with pregnancy and labor/delivery, pelvic floor dysfunction can occur to anyone, at any stage of life.

When might pelvic floor therapy be helpful?

- Labor and delivery preparation
- Postpartum return to exercise
- C-section or vaginal delivery recovery
- Urinary leakage while coughing, sneezing, laughing, jumping, or running
- Urinary urgency and frequency (with or without urinary leakage)
- Fecal incontinence
- Constipation
- Pain with sexual activity
- Diastasis Recti / abdominal weakness
- Pelvic organ prolapse / pelvic heaviness
- Tailbone pain, sacroiliac joint pain, or pubic symphysis pain

If you think you would benefit from pelvic floor physical therapy, talk to your doctor to determine if seeing a pelvic floor therapist would be beneficial for you. If your physician agrees, you may be able to see a physical therapist the same day as your physician appointment at the 222 Medical Office Building. Not going to see your doctor anytime soon? Feel free to contact a physical therapist at (615) 440-3124 or chris.scoma@resultspt.com with questions.