



## **Pelvic Floor Dysfunction**

Pelvic Floor Dysfunction encompasses a wide variety of conditions from incontinence to pelvic pain. It can result from hypotonicity (weak pelvic floor muscles), hypertonicity (tight pelvic floor muscles) or a combination of the two.

### **Conditions treated by pelvic floor physiotherapy**

- Incontinence (urge, stress, mixed)
- Pelvic organ prolapse
- Chronic Pelvic Pain
- Dyspareunia
- Vaginismus
- Vulvodynia
- Pudendal neuralgia
- Interstitial Cystitis
- Chronic prostatitis
- Unexplained pain in your low back, pelvic region, or hips
- Rectus Diastasis

## **Pelvic Floor Muscles**

The muscles of the pelvic floor are a group of muscles that connect the front, back and sides of the pelvic bone and sacrum. They act as a sling to support the pelvic organs. Proper function of your pelvic floor includes the ability of the muscles to contract as well as relax to assist with bowel, bladder and sexual function.

### **What to expect at your pelvic floor physiotherapy assessment**

- a musculoskeletal assessment of low back, hips, SIJs, thoracic spine, and abdominal wall
- Internal exam including a vaginal and rectal exam to assess the function of the pelvic floor muscles
- Connective tissue exam