

Pelvic Floor Rehabilitation at Christie Clinic includes treatment for women and men with urinary or fecal incontinence, urgency/frequency of urination, and/or pain in the pelvic region. This includes: pain in the abdominals, buttocks, pelvic floor, tailbone, vagina, and rectum. The pelvic floor muscles may become weak, tight or spastic as a result of disuse, surgery or trauma. The therapist with training in pelvic floor rehabilitation evaluates each individual and develops a plan of care accordingly.

Who is Pelvic Pain & Incontinence Rehabilitation for?

Many people, regardless of gender, experience pain or incontinence of urine or stool during their lifetime.

Some women develop pelvic pain:

- increased tension in pelvic floor muscles causing pain
- pelvic floor pain with intimacy, tampon use or annual Ob/Gyn check-ups
- Dyspareunia
- Coccydynia
- Vulvodynia
- Vaginismus
- Pubic symphysis pain
- Post Surgical pain

Incontinence can come in the forms of:

- Stress incontinence
- Urge incontinence
- Mixed incontinence

Many men have problems with:

- chronic pelvic pain
- incontinence of urine after prostatectomy

What does Pelvic Pain & Incontinence Rehabilitation involve?

Evaluation and Non-Surgical Treatment:

- flexibility and strength assessment
- behavioral modification and bladder retraining
- manual therapy, including soft tissue mobilization, myofascial release, joint mobilization and muscle energy techniques
- pelvic floor muscle surface EMG (or biofeedback)
- pelvic area internal and external muscle assessment and treatment
- therapeutic and postural exercises
- relaxation techniques and diaphragmatic breathing
- development of an individualized home exercise program