

Treating Pelvic Pain from a Physiotherapy Perspective



Chronic, or persistent pelvic pain, is complex.

People with pelvic pain need to address pelvic tissue dysfunction and the sensitive nervous system to successfully address their pelvic pain. A physiotherapist with advanced training in pelvic pain, specifically using internal treatment techniques for the pelvic floor muscles, connective tissues and nerves, needs to be consulted in order to address your particular tissue problems.

Book an appointment with a physiotherapist who has the required post-graduate training to treat these dysfunctions through the appropriate internal assessment and treatment.

Where to Find Us

Aurora Prime Physiotherapy & Sports Rehabilitation Centre

372 Hollandview Trail, Suite 107
Aurora, ON, L4G 0A5
(905) 726-2252

Complete Physiotherapy & Rehabilitation Centre

10168 Yonge Street, Suite 205
Richmond Hill, ON, L4C 1T6
(905) 883-8146

The Physiotherapy Professionals

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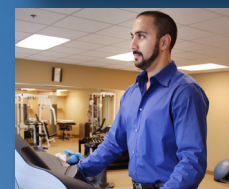
Prime Physiotherapy & Sports Rehabilitation Centre

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Restoring Pelvic Health through



Physiotherapy



What is Pelvic Floor Dysfunction?

Pelvic Floor Dysfunction can be caused by:

- **HYPOTONICITY** (Weak pelvic floor muscles): Contributing to stress incontinence, urge incontinence and pelvic organ prolapse.
- **HYPERTONICITY** (Tight pelvic floor muscles): Contributing to urinary and fecal urgency, urge incontinence, chronic pelvic pain, dyspareunia, vaginismus, vulvodynia, pudendal neuralgia, interstitial cystitis and chronic prostatitis.

Pelvic floor muscles are a group of muscles that attach to the front, back and sides of the pelvic bone and sacrum. These muscles must be able to contract to maintain continence and relax to allow for urination, bowel movements, and sexual intercourse in women.

Pelvic floor dysfunction is diagnosed and treated by physiotherapists that have the appropriate post-graduate training to evaluate your pelvic floor function through internal techniques (vaginal and/or rectal). The bones and muscles of your lower back, hips and sacro-iliac joints will also be assessed because these joints can stress your pelvic floor muscles.

What can 'Pelvic Floor' Physiotherapy treat?

Pelvic Floor Physiotherapy can improve the symptoms related to pelvic floor dysfunction:

- Incontinence
- Urinary Frequency / Urgency
- Constipation
- Pelvic Organ Prolapse (POP)
- Interstitial Cystitis (Painful Bladder Syndrome)
- Chronic Prostatitis (non bacterial)
- Chronic Pelvic Pain Syndrome (CPPS)
- Dyspareunia (painful intercourse)
- Vaginismus
- Vulvodynia
- Endometriosis
- Pudendal Nerve Irritation
- Pelvic Girdle Pain
- Post Partum Assessment

“Incontinence is NOT a normal part of aging.”



To Kegel or NOT? — That is the question.

Kegels are not for everyone, and even when indicated are often not done properly.

The Cochrane Collaboration 2010 concluded that **Physiotherapists with specialized training in pelvic floor rehabilitation should be the first line of defence** for stress, urge and mixed incontinence in women.

Pelvic floor muscles have several functions, which are essential to maintain continence, support the pelvic organs, provide lumbar stability and improve sexual function. Proper strength, muscle length and coordination are required to avoid dysfunction.