

## Information for Women

# Pelvic Floor Physical Therapy

If you are having difficulty with the exercises or you are not getting the results you had hoped for, you may be doing the exercises incorrectly. Research shows that 50% of women cannot learn pelvic floor muscle exercises from hearing or reading instructions. For those who need individual coaching and support, there are **specialty trained physical therapists** who can help.

The therapist will perform a physical evaluation, including a vaginal examination, to assess your pelvic floor function and tailor an exercise program



to meet your specific needs. In addition to teaching you how to isolate and correctly perform your pelvic floor muscle exercises in one-on-one sessions, the physical therapist will give you a comprehensive home program of exercises for:

- Pelvic floor muscle strengthening
- Abdominal (core) muscle strengthening
- Posture correction.

The physical therapist will also teach you:

- strategies and techniques to prevent urine leaks due to coughing, laughing, sneezing, bending, lifting and more vigorous activities
- strategies and techniques to help you control/defer bladder urgency
- toileting techniques to help you completely empty your bladder if you are having difficulty doing so and to have bowel movements without straining

And will

- Provide you with information and support for lifestyle changes that will help you to reduce incontinence and symptoms of prolapse.

Sixty (60) to 75% of women who participate in pelvic floor physical therapy programs are satisfied with the results.

There are no side effects but you must continue with the exercises or lifestyle changes or symptoms will return.