



NEW LIFE PHYSICAL THERAPY AND SPORTS MEDICINE

Portage 608-742-9356

www.newlifept.com

Baraboo 608-356-2334

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Treatment for Pelvic Floor Dysfunction

Urinary incontinence affects 15-25- million Americans. Of women between the ages of 30 & 59, 26% have urinary incontinence. In women ages 18-50, 15% have chronic pelvic pain. 10% of all out-patient gynecologic visits, 20% of laparoscopies and 12-16% of hysterectomies are secondary to diagnosing and treatment of chronic pelvic pain.*

Symptoms of abnormal function of the pelvic floor include leaking with strenuous activities including running and jumping, coughing and sneezing; more than 10 trips to the restroom more than every 2 hours; pelvic pain >8-12 weeks after childbirth; pain with voiding or defecation. These symptoms are NOT normal and there is help to facilitate return to prior function in these patients.

Patients that may benefit from physical therapy for pelvic floor dysfunction include those who have:

- Interest in prevention of incontinence, prolapse or other pelvic floor dysfunction

- Symptoms of urinary incontinence – stress, urge, mixed
- Abnormal voiding symptoms including frequency, urgency and difficulty emptying completely
- Pelvic pain syndromes including: chronic pelvic pain, interstitial cystitis, levator ani syndrome, tension myalgia of the pelvic floor, dyspareunia, vaginismus, vulvodynia
- Pelvic prolapse
- Sexual dysfunction
- Symptoms during pregnancy and post-partum, especially those patients who have had a tear or episiotomy during delivery
- Orthopedic problems involving the pelvis/sacrum/low back who have not improved with traditional treatment may benefit from treatment

At New Life Physical Therapy and Sports Medicine, treatment for pelvic pain or bladder incontinence will include a complete functional physical therapy musculoskeletal evaluation of the pelvic floor, hips, trunk and thoracic spine. Manual techniques may be utilized if necessary to address any myofascial restrictions. Other modalities may be used to aide in decreasing soft tissue restrictions and pain. Functional strengthening will also be done to address any pelvic and/or core strength deficits. For incontinence treatment, it's not just Kegals anymore! The patient may be asked to complete a bladder diary and may learn bladder retraining techniques. Patients are also educated on bladder irritants, fluid intake, constipation management as well as positioning/posture to aide in reduction of symptoms.

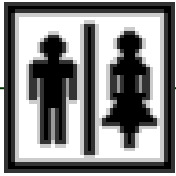
If you have any patients that would benefit from treatment of pelvic floor dysfunction, please contact us at New Life Physical Therapy and Sports Medicine to set up a consultation.

*Chronic Pelvic Pain: A patient Education Booklet. *Understanding the Principles of Chronic Pelvic Pain. Chronic pelvic Pain: An Introduction.* Michael Wenoff, M.D., Paul Perry, M.D.

*Burgio K, Matthews KA, Engel BT. Prevalence, incidence and correlate of urinary incontinence in healthy, middle-age women. *J Urology* 1991; 146:1255-59.

www.pelvicpain.org

www.newlifept.com



Pelvic Pain or a Leaky Bladder?

Are there times that you have difficulty making it to the bathroom in time or have accidents with coughing or sneezing? Do you go 5-8 hours without going to the restroom? Or do you go to the restroom nearly every hour? Do you suffer from pelvic pain? If you answered yes to any of those questions, you likely have a pelvic floor dysfunction. The following are abnormal symptoms of the pelvic floor: leaking with strenuous activities including running and jumping, coughing and sneezing; more than 10 trips to the restroom in 24 hours or going more than every 2 hours; pelvic pain >8-12 weeks after childbirth; pain with urinating or bowel movements.

A normal bladder holds about 2 cups of urine before needing to be emptied. In a 24 hour period the number of times a person should urinate is between 6-8 times. As we age, the capacity of the bladder may decrease slightly, however you should not have to use the bathroom more than every 2 hours. Urine should flow easily without discomfort and no pushing or

straining is necessary to empty the bladder. As the bladder stretches to fill with urine it sends out an urge signal. This signal can be felt even when the bladder is not full. Urge signals can be controlled.

If you have any of the following, you may benefit from physical therapy to treat pelvic floor dysfunction: Interest in prevention of incontinence, prolapse or other pelvic floor dysfunction

- Symptoms of urinary incontinence (leaking of urine)— stress, urge, mixed
- Abnormal voiding symptoms including frequency, urgency and difficulty emptying completely
- Pelvic pain syndromes including: chronic pelvic pain, interstitial cystitis, levator ani syndrome, tension myalgia of the pelvic floor, dyspareunia, vaginismus, vulvodynia

- Pelvic prolapsed— “organs falling out”
- Sexual dysfunction –pain during intercourse or inability to tolerate intercourse
- Symptoms during pregnancy and post-partum, especially those patients who have had a tear or episiotomy during delivery
- Orthopedic problems involving the pelvis/sacrum/low back who have not improved with traditional treatment may benefit from treatment

At New Life Physical Therapy and Sports Medicine, treatment for pelvic pain or bladder incontinence will include a complete functional physical therapy musculoskeletal evaluation of the pelvic floor, hips, trunk and thoracic spine. Manual techniques may be utilized if necessary to address any myofascial restrictions. Other modalities may be used to aid in decreasing soft tissue restrictions and pain. Functional

strengthening will also be performed to address any pelvic and/or core strength deficits. For incontinence treatment, you may be asked to complete a bladder diary and may undergo bladder retraining techniques. You will also be educated on bladder irritants, fluid intake, constipation management as well as positioning/posture to aid in reduction of symptoms.

At New Life Physical Therapy and Sports Medicine, your function and quality of life is our priority! You will be treated with compassion, confidence and respect. If you think you would benefit from treatment for incontinence or pelvic pain, please contact us today to schedule an evaluation with Kris Hellenbrand, MPT.



Two great locations ~ Portage and Baraboo