Pelvic Floor Dysfunction

One in three women will experience some form of urinary leakage related to pelvic floor dysfunction and it is often thought of as a condition only experienced by women. However, although pelvic floor dysfunction is often a result of pregnancy or childbirth, it can also be the result of other factors, such as constipation and straining, chronic cough, obesity, pelvic surgery and aging – affecting all genders.

The pelvic floor muscles assist in stabilising the pelvis and lumbar spine, support and control the bladder and bowel and play a role in sexual function. Any negative impact on the pelvic floor, reduces its ability to contract effectively. This may lead to a range of problems including bladder and bowel symptoms, as well as pelvic and back pain.

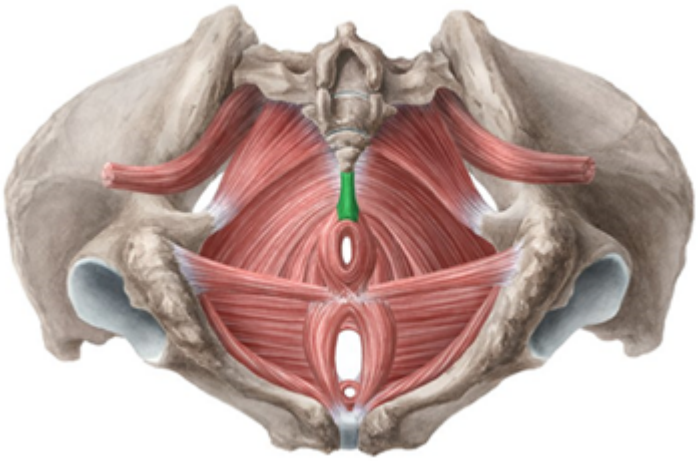
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Symptoms

- Urinary incontinence or poor bladder control.
- Light Bladder Leakage (LBL).
- Bowel incontinence and constipation.
- Overactive bladder and urge incontinence.
- Vaginal prolapse (also known as pelvic organ prolapse).
- Painful intercourse.
- Pelvic pain.
- Back or Hip pain.



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Management

Management of Pelvic Floor Dysfunction involves thorough history taking and the use of real time ultrasound to both assess the pelvic floor muscles and effectively retrain them. Re-education of the deep core muscles alongside the pelvic floor muscles is also necessary when the dysfunction has impacted the stability of the spine and is affecting daily function and exercise.

At In Balance Physiotherapy our physiotherapists also offer Pregnancy and Post-Natal care with the aim of enabling optimal health during pregnancy and providing the knowledge to safely return to exercise and daily function post pregnancy.



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If you have been putting up with symptoms related to pelvic floor dysfunction, book an appointment with one of our experienced physios today for a plan to get on your way to better health!

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