

Pelvic Floor Health & Conditioning



Managing Pelvic Pain and Dysfunction of the Bladder & Bowel Systems

The pelvic floor consists of the muscles that cover the bottom of the pelvic cavity; they support the spine, pelvis and internal organs. They are critical to control of the bladder and bowel.

Pinnacle Physical Therapy offers analysis and conditioning to help both men and women relieve pain or the dysfunction of the pelvic floor muscles.

Research suggests that proper exercise of the pelvic floor muscles and changes in habits can relieve pain and improve control in up to 80% of women and men.

Early Treatment is Key

- ◆ Don't ignore small problems. They can escalate to ones more complex and hard-to-manage.
- ◆ Talk with your Doctor or Health Professional.
- ◆ Obtain a referral to our Pelvic Floor Health & Conditioning Program.
- ◆ Schedule an appointment for an assessment.
- ◆ Pelvic Muscles can be trained to be stronger or to relax.
- ◆ Bad Habits need to be changed ... only good habits win the game!



An active and worry free lifestyle is possible

FREQUENTLY ASKED QUESTIONS

Is incontinence normal with aging?

No. Incontinence is a function of weak muscles and bad voiding habits that are developed over time.

Is it normal to be up at night to void?

No. Well, maybe once during the night, but not 3 or 4 times.

Does chronic bronchitis or constipation play a role with incontinence issues?

Yes. Anything that increases intra-abdominal pressures, like coughing or straining, makes it difficult for the pelvic floor muscles to do their job.

What can I do to stop this?

Learn to retrain muscles to do their job and practice healthy habits.

