



Indiana Physical Therapy is dedicated to providing quality therapy to our patients in a timely and cost effective manner. We promise to provide prompt and courteous service, ongoing health education, expertise, and rehabilitative services with real results at each of our clinics.

INDIANA PHYSICAL THERAPY

PELVIC FLOOR AND INCONTINENCE



CALL TO SCHEDULE AT ANY OF OUR LOCATIONS THROUGHOUT INDIANA:

FORT WAYNE AREA: (260) 209-2464

INDY AREA: (317) 449-2333

MICHIANA: (574) 931-2802

OPEN 7AM-7PM

ACCEPTS ALL INSURANCES

GUARANTEED APPTS WITHIN 24 HOURS



**INDIANA
PHYSICAL THERAPY**

Where people go to get better

WWW.INDIANAPT.COM

Pelvic pain is defined as persistent, unexplained pain in the lower abdomen or pelvic region without evidence of organic disease. It may be a symptom of infection, arise from dysfunction in the pelvic bone, weakness or strain in pelvic floor muscles, or result from disorders in non-reproductive internal organs such as the bladder and colon.

Pelvic pain may occur in both men and women. Symptoms may include, but are not limited to:

- Urinary urgency or frequency
- Bladder retention
- Dyspareunia (pain during or after intercourse)
- Pain with bowel movements
- Pain in the area of the coccyx, pubis, or abdominals
- Incontinence

Physical therapy utilizes a variety of evidence-based treatments, physical exercises, and hands-on modalities to begin the rehabilitation process at the onset of injury or pain. Treatment for pelvic pain may include manual therapy techniques, pelvic floor and abdominal strengthening exercises, postural and body mechanics training, bladder retraining, biofeedback, relaxation techniques or electrical stimulation.

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WHAT IS THE PELVIC FLOOR?

The **pelvic floor** muscles start at the pubic bone in the front and go to the tail bone in the back. They also span the distance between the two bones you sit on. These muscles have three main functions:

- Forms the circular muscles around the urethra and anus, to allow voluntary control of bowel and bladder.
- Forms a sling of muscle underneath your pelvic organs, adding support and helping them stay in proper position.
- They are instrumental in sexual functioning.

HOW TO EXERCISE THE PELVIC FLOOR (KEGELS)

Try the following methods in a quiet place where you can concentrate and use the method that works best for you.

- Imagine you are in a crowded room and have to pass gas. Tighten the muscles you would use to hold back.
- Imagine that you are trying to stop your urine stream and tighten the muscles you would use.
- For women, wash your hands. Insert one or two fingers into the vagina. As you tighten the muscles of the vagina and rectum, you should feel a squeeze and an upward and inward pull around your fingers.
- Concentrate on pulling your vagina, rectum and urethra up and in.