



# IMG PHYSICAL THERAPY

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## What Is Pelvic Floor Dysfunction?

Pelvic Floor - A group of muscles and connective tissues that support and house organs such as the bladder, bowels, and internal reproductive organs. Dysfunction occurs when these muscles do not correctly contract, relax or coordinate with each other.

If you or a loved one is experiencing any of these symptoms, you may be experiencing pelvic floor dysfunction

- **Constipation or trouble completing bowel movements**
- **Uncontrolled urine or stool leakage**
- **Increase/decrease in urgency to urinate or produce bowel movements**
- **Trouble emptying the bladder completely**
- **Pain with sex, urination, or bowel movements**
- **Erectile dysfunction**
- **Vaginal/rectal prolapse**
- **Pelvic pressure**
- **Low back pain with no other cause**
- **Prostatitis like symptoms in males**

### Examples of Underactive Pelvic Floor Disorders

Stress urinary incontinence – Involuntary loss of urine with physical activity

Urge urinary incontinence – Urine loss in undesirable times commonly with external triggers (key in door, running water, temperature, running to bathroom)

Overflow incontinence – Overdistention of the bladder (too full, can't release all the urine)

Functional incontinence – Urinary incontinence due to mobility, dexterity, or cognitive changes

Iatrogenic Incontinence – Urinary incontinence after surgery or medication changes

If any of these conditions sound like something you or somebody you know are dealing with **YOU ARE NOT ALONE**, speak to your local PT or primary care physician today to learn what you can do to help reverse the effects of pelvic floor dysfunction

**24%** of US women are currently affected by one or more pelvic floor disorders

**40%** of women from **60-79** and **50%** of women **80+** are affected by pelvic floor dysfunction

**11%** of men **60-64** y/o and **31%** of men older than **65** will experience urinary incontinence

It was estimated that by 2018 **300 million women and 120 men** worldwide would have incontinence

**1 in 3** women will have some sort of pelvic floor dysfunction within their lifetime

## Kegel Exercises

Kegels, aka. pelvic floor muscle training, are simple yet effective exercises you can do to treat bladder problems and improve bowel control at home that does not require any internal devices

### How do I activate my Pelvic Floor Musculature? (Laying down or seated)

- Imagine you are trying to stop passing gas. Squeeze the muscles you would use.
- While urinating, try to stop your urine midstream (ONLY A MAX OF 2 TIMES)
- Imagine lifting a marble with your backside or pubic area (vaginal)
- Gently push out, as if to pass gas, and then quickly pull the muscles back up and in.

**If you sense a "pulling" feeling in your pubic or rectal area, you are squeezing the right muscles and engaging the pelvic floor.**



Studies have shown these basic exercises, when added to a regular workout plan, can help strengthen the pelvic floor musculature and decrease symptoms of pelvic floor dysfunction.

**Each exercise can be completed 1 set of 10-15 reps a day for 3-5 days weekly**



**Bridges:**

Tighten the muscles in your stomach and raise your hips off the floor until they are in line with your knees and shoulders

**Dead Bugs:**

Raise and lower opposite arms and legs back and forth while squeezing your abdominal muscles.



**Seated Stability:**

Lift arm to pain free range while maintaining tight posture by squeezing abdominals. Do the same with the opposite leg. Alternate opposite leg and arm together.



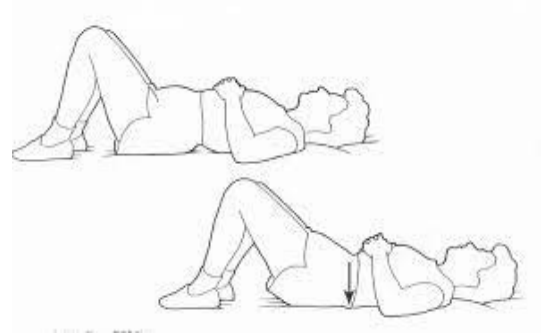
**Squats:**

Standing with feet shoulder width apart and keeping your back straight, bend your knees until your hips are slightly lower than the knees



#### Clamshells:

Lay on side with one leg on top of the other. Keeping the feet together lift the top knee up until it is parallel with your hip



#### Posterior Pelvic Tilts:

Gently draw your belly button in towards your spine and flatten your back on the floor. Hold for 10 seconds



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#### Heel Slides:

While laying on your back bend your knee and slide your heel towards your buttocks, then slide heel back away from your body



#### Walking Marches

While walking in a straight-line alternate raising alternate arm and leg each step that you take.