

Pelvic Health Physiotherapy

What is it? How is it beneficial?



Contact us

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What is Pelvic Health Physiotherapy?

Pelvic health physiotherapy is aimed at women and men who have pain and problems in their lower abdominal area, lower back, hips, pelvic floor (PF) area and/ or bladder and bowel issues.

These problems are experienced by many people, throughout their lives, but are not always treated or treated effectively. Physiotherapy uses conservative methods to treat these issues, thereby lessening the need for surgeries. It's not always about Kegel exercises either!

Anyone can come for Physiotherapy treatment, you do not need a referral from your GP or surgeon. Your initial session will include an in-depth history of your problem(s) and then an assessment. This will



Pelvic Health Physiotherapy can help with:

- Ante / Post natal pain, discomfort and PF rehab
- Incontinence
- Bladder/Bowel problems e.g. constipation, IBS
- Prolapse issues
- Pelvic pain
- Sexual health issues
- Menopause
- Breast cancer
- Osteoporosis
- Prostate issues

Include both an external and internal (if appropriate) assessment. Any concerns about the assessment can be discussed with your Physiotherapist. An individual treatment plan and rehabilitation programme is then discussed and put together.



How is Physiotherapy beneficial?

Physiotherapists are in a unique position to use their conservative i.e. non-surgical, treatment techniques to manage and rehabilitate pelvic floor dysfunction. Research has proven that these conservative means are effective in treating multiple conditions and problems associated with pelvic floor dysfunction.

Painful bladder and interstitial cystitis

Physiotherapy helps to lessen the symptoms and discomfort of a painful bladder and effectively improve the symptoms of interstitial cystitis.

Prostate issues

Many men will experience problems with their prostate. This can be in the form of discomfort with urination or even leaking. Sometimes these symptoms are aggravated by what the pelvic floor muscles are doing (or not doing). This is especially seen after undergoing prostate surgery. Physiotherapy can help by implementing a pelvic floor rehabilitation programme.

Incontinence (leaking)

Both women and men can suffer from different forms of incontinence. This can happen when you sneeze, cough, laugh, run or even stand up from sitting. This is NOT a normal part of getting older. Physiotherapy can help to minimise if not completely stop the symptoms of incontinence.



Breast Cancer

Pelvic health physiotherapy looks at the body as a whole. This is especially important when treating breast cancer patients. There are many complications that can occur after breast cancer surgery / treatment, from scar tissue tightness, lymphoedema to shoulder/back pain and overall body aches. Physiotherapy treatment has been clinically observed and research proven to improve the recovery of these patients.



Post birth

Going through a pregnancy puts a lot of strain on your body and joints. Once you have given birth, it is necessary to help your body heal and regain its' former functionality. This is especially important for the pelvic floor muscles. It does not matter in which manner you gave birth, your pelvic floor has been affected right through your pregnancy all the way up to birth. It is essential that from 6 weeks post birth that you start with some rehabilitation. This is in order to prevent any complications occurring in a future pregnancy or later in ones' life. This is becoming an international standard post child birth that has been implemented very successfully in many European and South American countries as a form of preventative health care.