

Pelvic Floor Physiotherapy for Men & Women



Our experienced and qualified staff work with men and women of all ages who have pelvic floor dysfunction.

What is Pelvic Floor Dysfunction?

The muscles of the pelvic floor are crucial for urination, bowel movements and sexual intercourse.

When these muscles become too tight it often results in pelvic pain and a feeling of urgency. When the muscles are too loose, stress incontinence and organ prolapse can result.

Through education, exercise and hands on manual techniques, a pelvic health physiotherapist can help improve the function of your pelvic muscles and improve quality of life.

**Pelvic Floor Physiotherapy is
available at our Petawawa
& Renfrew Clinics**

Benefits of Physiotherapy

Men and Women experiencing the following symptoms and/or conditions can benefit from pelvic floor physiotherapy:

- Urinary and fecal urgency
- Urge incontinence
- Chronic, persistent pelvic pain
- Abnormal or painful menstrual cycles
- Persistent constipation
- Painful intercourse
- Leakage during exercise

Conditions and What We Treat

- Incontinence: leakage when you laugh, cough, sneeze, lift or exercise
- Uncontrollable urge to empty your bladder
- Difficulty emptying your bladder
- Frequent bladder or bowel movements
- Painful or difficult bowel movements
- Persistent constipation
- A feeling of pelvic heaviness or pressure
- Unexplained pain in your low back, pelvis, hips, genitals or rectum
- Painful intercourse
- Uncoordinated muscle contractions of the pelvic floor
- Hypotonicity (weak pelvic floor muscles): stress incontinence, urge incontinence and pelvic organ prolapse
- Hypertonicity (tight pelvic floor muscles): urinary and fecal urgency, urge incontinence, chronic pelvic pain, dyspareunia, vaginismus, vulvodynia, interstitial cystitis and chronic prostatitis
- Persistent pelvic pain
- Abnormal or painful menstrual cycles
- Pudendal nerve irritation
- Rectus Diastasis

Assessment Services

- Assess ability to contract and relax pelvic floor muscles
- Assess the alignment of the bones of lower back, hips and sacroiliac joints, as they place stress on your pelvic floor muscles
- Assess both the internal and external muscles of the pelvic floor

Treatment Services

- Relaxing the connective tissue of your abdomen, thighs, groin, low back and pelvic floor
- Pelvic floor muscle re-education
- Manual techniques
- Strengthening exercises
- Trigger Point release
- Modalities
- Postural re-education
- Bladder and bowel re-training
- Home exercise program
- Education regarding self care for both men and women's pelvic health



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