

Pregnancy & Pelvic Health



Through education, exercise and hands on manual techniques, physiotherapy can help meet the challenges that women face during pregnancy.

A pelvic health physiotherapist can assist with this process to optimize function and well-being.

We can assist during and after pregnancy.

Common Symptoms associated with Pelvic Floor Dysfunction

- Incontinence: Leakage
- Uncontrollable urge to empty your bladder
- Frequency: more than 8 bladder voids or 3 bowel movements a day
- Retention: difficulty emptying
- Pressure: feeling of heaviness
- Unexplained pain in your low back, pelvic region, hips, genital area or rectum
- Pain during intercourse
- Uncoordinated muscle contractions of the pelvic floor
- Pain with bowel movements

Symptoms we can treat during pregnancy

- Pain in your pubic bone, groin, back, pelvis, buttocks or legs
- Leaking urine, gas or stool when laughing, sneezing, coughing, exercising etc...
- Bulging or tenting in the abdomen when you lift your head off a pillow
- Pain during intercourse
- Vaginal varicose veins

Symptoms we can treat after delivery

- Scarring from C-section, tearing or episiotomy
- Leaking urine, gas or stool when laughing, sneezing, coughing, exercising etc...
- Problems emptying your bladder or bowel completely or frequently
- Pain during intercourse
- Pressure or heaviness in your vagina, rectum, pelvis, pubic bone, abdomen or low back
- Breastfeeding issues
- Bulging or tenting of you abdomen during exercise

Assessment

- Assess ability to contract and relax pelvic floor muscles
- Assess the alignment of the 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

- 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 women's pelvic health



Petawawa Clinic

613-687-6600
154 Civic Centre Rd., Suite 158
Petawawa, Ontario K8H 3H5

Renfrew Clinic

613-432-9088
510 Raglan St. N., Suite 102,
Renfrew, Ontario K7V 1P5

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

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