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# PHYSIOTHERAPY AND YOUR PELVIC HEALTH

**Are you experiencing pain or discomfort in your pelvic area? Have you been faced with incontinence? For many women, it can be challenging to talk about these types of struggles, but fortunately, treatments are available.**

Our physiotherapists and chiropractors at Zenith Physiotherapy use the most advanced strategies to help alleviate the pain and restore normal functions. We value privacy and comfort and have helped countless people with similar issues.

## What Is The Pelvic Floor?

The pelvic floor is supported by several muscles that all provide essential functions, including bladder control and sexual function. Your pelvic floor muscles also help to stabilize your core while aiding in these essential bodily functions.

The ability to contract the pelvic floor correctly can be affected by several factors, including:

- Weakened bladder muscles resulting from pregnancy and childbirth
- Obesity or significant weight fluctuations
- Enlarged prostate
- Types of cancer
- Physical damage to your pelvic floor muscles from childbirth or surgery
- Damage to the nerves from health problems like diabetes and multiple sclerosis

Pelvic floor dysfunction affects women and men differently, and signs can often be ignored early on due to the difficulties of talking about this region of our body.

Women experience pelvic floor conditions such as irregular menstruation, painful urination, and urinary incontinence. Impairments may even lead to pelvic organ prolapse and chronic pelvic pain for some.

The most common issues men experience include urinary dysfunction after prostate cancer treatments. Typically these symptoms range from some leaking to complete loss of bladder control or irritation/discomfort when urinating. Pelvic floor dysfunction, for some, may lead to erectile dysfunction.

Fortunately, our physiotherapists and chiropractors know exactly how to identify your problems and, more importantly, how to resolve them!

## How Physiotherapy at Zenith Physiotherapy Can Help

Our pelvic floor specialists use comprehensive treatment programs customized to each patient. During treatment, your therapist will design an individualized program to diminish pain and restore your function.

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Our pelvic floor treatments include:

- Soft tissue mobilization and massage of internal and external pelvic musculature to relieve muscle tension and provide pain relief
- Pelvic floor muscle retraining to restore normal strength and endurance
- Neuro-retraining (i.e., incorporating pelvic floor muscle activation during simulated daily activities)
- Electrical stimulation modalities for pain relief and to restore normal neuromuscular activation of the pelvic floor muscles and nerves
- Bladder training (i.e., gradually holding urine for longer and longer periods)

In addition, our team will educate you on home exercises and simple movements that you can integrate into your everyday life. Teaching you strategies to manage and improve your pelvic health is the key to lasting results.

**At Zenith Physiotherapy, our physiotherapists and chiropractors can help with incontinence, pelvic pain, and sexual dysfunction. Whether your condition results from reconstruction surgery, abdominal surgery, pregnancy, or childbirth, our therapists have proven solutions!**

Contact us today to request an appointment with one of our pelvic floor specialists!



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## Zenith Physiotherapy and Wellness Clinic

Unit 309, 800 Yankey Valley Blvd.  
SW Airdrie

1-403-879-8178



Office Hours:  
Monday - Friday: 8 AM - 8 PM  
Saturday: 9 am - 2 PM  
Sunday: Closed  
Statutory Holidays: Closed

[ZENITHPHYSIO.COM](http://ZENITHPHYSIO.COM)

## Exercise Essentials

### Posterior Pelvic Tilt With Hip Circles

Start by lying on your back with your feet flat on the floor and your knees bent with your arms by your sides. Tuck your pelvis by tilting your hips back so your lower back presses into the floor. Keeping your pelvis tucked and your lower back pressed into the floor, straighten one leg out with your toes pointing up. Slowly make clockwise circles with your foot by only moving your leg at your hip joint. Then, switch directions.



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## HEALTHY RECIPE

### APPLE PIE CHIA SMOOTHIE

*Yes, this actually tastes like pie! So drink this instead and save yourself a ton of calories. The chia seeds have plenty of fiber and protein to keep you full until lunch.*



#### INGREDIENTS

- 1 apple cut into small pieces
- 1 cup almond milk
- 2 tablespoon chia seeds
- 1 tablespoon maple syrup
- ½ teaspoon vanilla extract
- ½ teaspoon cinnamon
- A pinch nutmeg and salt

**Directions:** Blend all ingredients until smooth; add ice if desired.

<https://helloglow.co/fall-smoothies/> Photo by Ana Stanciu