

Pelvic Floor Physiotherapy

What is Pelvic Floor Physiotherapy?

Pelvic floor physiotherapy (PFPT) is a specialized form of physical therapy that focuses on the muscles of the pelvic floor. These muscles support pelvic organs like the bladder, uterus, prostate, and rectum, and play a crucial role in bowel and bladder control, sexual function, and core stability. PFPT can help with various conditions, including:

- Urinary or fecal incontinence
- Pelvic organ prolapse
- Pelvic pain
- Painful intercourse

During a session, a pelvic floor physiotherapist will assess your pelvic floor muscles through both external and internal (digital) exams. They may use techniques like manual therapy, exercises, biofeedback, and electrical stimulation to strengthen or relax these muscles. If you're not comfortable with an internal exam, that's completely okay—there are many effective external techniques that can help improve your symptoms. Don't let the fear of an internal exam prevent you from seeking support.

What are the benefits to PFPT?

PFPT offers numerous benefits, particularly for those experiencing pelvic floor dysfunction. PFPT is a minimally invasive treatment option that can be tailored to individual needs, making it a multipurpose and effective approach to improving pelvic health and well-being.

Improved Bladder and Bowel Control:

Helps manage urinary and fecal incontinence by improving strength, tone and coordination of the pelvic floor muscles

Reduced Pelvic Pain:

Alleviates pain associated with conditions like pelvic organ prolapse and chronic pelvic pain

Enhanced Sexual Function:

Addresses issues such as painful intercourse and improves overall sexual health

Support During Pregnancy and Postpartum:

Assists in managing pregnancy-related pelvic floor issues and aids recovery after childbirth

Better Core Stability:

Strengthens the core muscles, which can improve posture and reduce lower back pain

Lifestyle Modifications:

Assessing things like nutrition, hydration and stress can be imperative in your pelvic health journey

Pelvic Floor Therapy and Postpartum Care

PFPT can create individualized care plans for patients who are interested in supporting or strengthening their pelvic floor after pregnancy and/or have experienced a difficult birth. However, all patients can benefit from PFPT. You can expect a comprehensive approach to help you recover and regain strength.

***Therapists are available throughout the Region in Orillia, Midland, Huntsville,
Collingwood, Barrie and Parry Sound.***

Pelvic Floor Physiotherapy

Initial Assessment

Detailed History:

Your therapist will discuss your pregnancy, labor, delivery, and any current symptoms or concern

Physical Examination:

This may include checking for diastasis recti (abdominal separation), posture assessment, assessing core activation, evaluating pelvic floor strength and coordination

Discussion of Goals:

You'll talk about your recovery goals and any specific issues you want to address

Treatment Techniques

Manual Therapy:

Techniques like soft tissue massage, myofascial release, and possibly dry needling to alleviate pain and improve muscle function

Pelvic Floor Exercises:

Exercises to strengthen or lengthen the pelvic floor muscles, such as Kegels and core strengthening exercises tailored to each patient

Biofeedback and Electrical Stimulation:

These methods may be used to enhance muscle awareness and control

Follow-Up Sessions

Progress Monitoring:

Regular check-ins to assess improvements and adjust the treatment plan as needed

Advanced Exercises:

Gradual introduction of more challenging exercises to build strength and stability

Education and Support:

Guidance on lifestyle modifications, posture, and activities to support your recovery

Your therapist will work closely with you to ensure the treatment is comfortable and effective, always respecting your preferences and comfort levels.

Cost of Pelvic Floor Physiotherapy

PFPT is not covered by OHIP. It requires private payment, or coverage through extended health insurance. The cost of pelvic floor physiotherapy can vary depending on several factors, such as location, the therapist's expertise, and whether you have insurance coverage. Without insurance, sessions typically cost between \$75 and \$200 each. Extended health benefits may cover all or a portion of your treatment sessions under physiotherapy benefits. The number of sessions depends on the treatment plan of your physiotherapist.

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