

# Pelvic Floor Rehabilitation

## What is the pelvic floor?

- Muscles that attach to the pelvis at the base of the abdomen to form a “floor”
- Pelvic floor muscles are important for:
  - Bladder and bowel function (pee and poop!)
  - Sexual function
  - Supporting the pelvis and organs
  - Pumping out blood and fluid

## Who is appropriate for pelvic floor rehabilitation?

- Any woman or man who is experiencing pelvic floor dysfunction
  - Incontinence (leakage) of urine or stool during the day or night
  - Frequent urination, urinary urgency or lack of an urge to urinate
  - Pain in the pelvis or lower abdomen

## Isn't this happening to me just because I am older?

- No! The chances of pelvic floor dysfunction occurring does increase with age, but it is not directly related to age

## Why should I address pelvic floor dysfunction?

- Reduces your risk of infection, falls, and fractures
- Enhances your social participation and quality of life
- Reduces or eliminates the cost of incontinence products

## What happens during a pelvic floor evaluation?

An occupational or physical therapist with advanced training in the pelvic floor will:

- Perform a thorough review of your medical history and current medications
- Assess your current symptoms, pelvic pain, lifestyle and diet
- Test the strength of your pelvic floor muscles externally/internally (optional)

## What is involved in pelvic floor rehabilitation?

- Exercises to lengthen/strengthen the pelvic floor and surrounding muscles
- Education on diet, hydration, toileting posture, and constipation
- Retraining of habits to avoid voiding too little, too often or prematurely

*For more information about Hebrew SeniorLife's continence improvement program, or to schedule an appointment call NewBridge on the Charles Outpatient Therapy at 781-234-9630 or Hebrew Rehabilitation Center Outpatient Therapy at 617-363-8539.*