



# Understanding Pelvic Floor Dysfunction

**Causes, Symptoms & Treatment Options**

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# What Is Pelvic Floor Dysfunction?

- Pelvic floor dysfunction (PFD) occurs when the pelvic muscles are too weak, too tight, or not coordinating properly.
- These muscles support the bladder, bowel, and reproductive organs.
- Dysfunction can affect men and women.
- Leads to problems with urination, bowel movements, posture, and sexual function.

## Our Vision

To be a leading healthcare service center with the best care

## Our Mission

To provide high quality and friendly healthcare services



# Common Causes

-  **Pregnancy & childbirth (vaginal delivery, prolonged labor)**
-  **Aging & hormonal changes**
-  **Heavy lifting or chronic straining**
-  **Pelvic surgery**
-  **Trauma or injury**
-  **Obesity & poor posture**





# Symptoms of Pelvic Floor Dysfunction



**Urinary issues: leaking, urgency, frequency, incomplete emptying**



**Bowel issues: constipation, straining, pain with bowel movements**



**Pelvic pain or pressure**



**Lower back or hip pain**



**Pain during intimacy (dyspareunia)**



**Muscle tightness or spasms**



**A feeling of heaviness or bulging in the pelvic area**





# Diagnosis

- Physical assessment by a pelvic health physiotherapist
- Screening pelvic floor muscle strength, coordination & tension
- Bladder/bowel habit evaluation
- Ultrasound or MRI (if required)
- Rule out other medical conditions



# Treatment Options



## **Pelvic Floor Physiotherapy (most effective)**

- Pelvic floor muscle training (strengthening or relaxation)
- Biofeedback
- Manual therapy & trigger point release
- Posture & breathing retraining
- Bladder/bowel habit education

## **Other Treatments**

- Lifestyle modifications (hydration, fiber intake, weight management)
- Medications (as prescribed)
- Pessary support (for prolapse)
- Surgery (for severe cases)



Contact

# Thank You