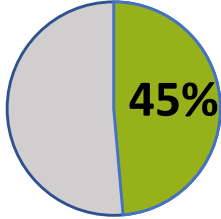


**5 REASONS TO VISIT A
 PELVIC FLOOR PHYSICAL
 THERAPIST**

Pelvic Floor PTs (or Women’s Health PTs) are orthopedic physical therapists who have been specially trained to treat conditions related to the hip, back, and pelvis. Common conditions treated include incontinence, pelvic organ prolapse, pelvic pain, pre/post partum issues, and low back/hip pain.

Incontinence

- **Stress Incontinence** – involuntary leakage with physical activity
- **Urge Incontinence** – involuntary urine loss following strong need to urinate
- **Mixed Incontinence** – combination of stress/urge incontinence
Prevalence is **HIGH** among athletes
- CDC estimates the annual costs of incontinence products can range from \$900-4,000+ depending on type and severity



Women who continue to experience incontinence 7 years after giving birth

Women who continue to have painful sex 18 months after giving birth

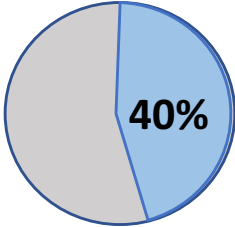
Category	Percentage
Women who continue to have painful sex 18 months after giving birth	24%
Other	76%

Pelvic Pain

- May present as burning or achiness in pelvic region with sitting, standing, tampon insertion, or sexual intercourse
- Prevalence is **HIGH** among athletes.

Pelvic Organ Prolapse

- Symptoms include feelings of pressure or heaviness in vaginal area that may increase with physical exertion
- May present as cystocele, rectocele, or enterocele



Women who experience pelvic organ prolapse in their lifetime

Women who continue to demonstrate DRA 5-7 weeks post-partum

Category	Percentage
Women who continue to demonstrate DRA 5-7 weeks post-partum	36%
Other	64%

Diastasis Recti (DRA)

- Separation of right and left rectus abdominis muscle at the linea alba as a result of pregnancy or heavy lifting
- Can often see doming appearance of mid section
- Can reduce functional strength of deep core and can aggravate low back pain and pelvic stability.

Low Back Pain

- Pelvic floor dysfunction has been associated with the development of low back pain
- Low back pain can be the only symptom of pelvic organ prolapse

Women with stress incontinence who also experience chronic low back pain

Category	Percentage
Women with stress incontinence who also experience chronic low back pain	20%
Other	80%