



Women's Pelvic Health Treatment Overview

For millions of women, pelvic floor dysfunction and pain is a chronic problem, but physical therapy can help bladder control, relieve pain and improve quality of life. Baptist Rehabilitation offers specialized treatment options through our women's health physical therapy program to help with:

- Loss of bladder control, stress urinary incontinence, or mixed incontinence
- Loss of bowel control or constipation
- Dropping of the pelvic organs, including bladder, bowel, rectum, uterus or vagina
- Pelvic floor muscle weakness, tightness or pain
- Pregnancy and post-partum low back pain and general deconditioning

As a woman, you have unique health needs specific to your body, which is why your treatment plan is tailored to fit you. Your treatment plan may include:

Neuromuscular Re-Education

- Biofeedback – Gain control over involuntary bodily functions by using feedback from sensors attached to your body
- Neuromuscular Electrical Stimulation (NMES) – Increase strength and gain control of pelvic floor muscles through painless electrical impulses to nerves

Exercise and Training

- Exercises that are specific to each patient, including:
 - Kegels – pelvic floor muscle contractions
 - Abdominal muscle training
 - Strength training for glutes, hip abductors, hip external and internal rotators

For more information, visit baptistjax.com/rehab or call **904.202.4200**.

Baptist Rehabilitation provides excellent individualized care through a team of highly qualified, licensed and experienced professionals. It is our goal to provide optimal rehabilitation and improve your quality of life through specialized, compassionate treatment and thorough education.



Changing Health Care for Good.®

- Functional training of the pelvic floor with:
 - Lifting
 - Squatting
 - Bracing
- Breathing mechanics:
 - Exhale with pelvic floor contraction, inhale with relaxation
 - Avoiding the Valsalva maneuver or bearing down

Education and Behavioral Modifications

- Bladder irritants: “The 4 Cs” – Carbonated beverages, cocktails (alcohol), caffeine in all forms (including chocolate), citrus products and food containing high concentrations of vitamin C
- Timed voiding – Using a void log to determine a schedule for emptying the bladder on a regular basis and not just when the urge is felt
- Urge suppression technique – Bladder training that helps you maintain control when the urge is felt
- “Knack” maneuver – Contraction of pelvic floor muscles to prevent urine leakage during an increase in intra-abdominal pressure, such as a cough
- Toileting Posture – Elevating the knees above the hips using a stool to help align the rectum during a bowel movement
- Colon massage – Helps to ease constipation and avoid straining during bowel movements

Notes:
