

Inova Physical Therapy Centers Can Help

We develop a tailored plan for the evaluation and treatment of pelvic floor disorders, offering patients the following components:

- EMG biofeedback
- Pelvic floor exercise prescription, such as Kegel exercises, to strengthen the weakened structures around the bladder
- Musculoskeletal assessment
- Neuromuscular electrical stimulation
- Abdominal rehabilitation
- Vaginal cones and dilators
- Ultrasound
- Education, such as bladder training to control sudden urges to urinate
- Tips on behavior modification, such as altering eating habits to relieve the symptoms of incontinence
- Musculoskeletal assessment of contributing dysfunctions
- Manual therapy

Exams are conducted in a private setting.

For appointments, please call Central Scheduling at 1.877.604.6682

Please indicate Inova Physical Therapy Center's **PELVIC FLOOR program** when making your appointment or visit [inova.org/physicaltherapy](https://www.inova.org/physicaltherapy) to find a location nearest you.



Official Physical Therapy Partner of the
Washington Nationals and Washington Redskins

Pelvic Floor Dysfunction Treatment

Inova Physical Therapy Centers



Pelvic Floor Dysfunction (PFD) impacts everyone!
Men and women alike struggle with PFD.
Now we have a way to help!

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Do You Experience Any of the Following Symptoms?

- Loss of urine with lifting, laughing, sneezing, running, and/or jumping
- Increased frequency of urination, such as urinating more than eight times a day
- Sudden urgency to urinate, such as when you hear water
- Need to urinate often during the night
- Leaking urine during normal activities of daily living causing a need to wear protective liner/ pad in clothing
- Inability to void urine and bowels/constipation
- Lower back pain
- Pelvic pain during sexual intercourse, exercise or other activities

What is Pelvic Floor Dysfunction?

- The muscles of the pelvic floor control the flow of urine and support the bladder, uterus and rectum – organs located within the pelvis.
- For good bladder control and bowel control, all parts of your system must work together. The pelvic floor must support the organs, the sphincter muscles must control the flow of urine and feces. The nerves must activate these muscles to function.
- Bowel and bladder control problems can occur when the muscles in the sphincter become weak.
- Chronic constipation and pain can occur when the muscles in the pelvic floor cannot relax properly

What Causes Pelvic Floor Dysfunction?

- Pregnancy
- Childbirth
- Episiotomies (grade 1-4)
- Hysterectomies
- Abdominal surgeries
- Hormonal imbalance, such as during menopause or post-menopause
- History of chronic infection
- Chronic cough
- Obesity
- Muscle weakness
- Stretch weakness (faulty posture)
- Pelvic injuries, including pelvic fractures or dislocations
- Increased abdominal pressure with lifting and jumping

Inova Physical Therapy Centers Can Help

Physical therapy can improve pelvic floor and bladder conditions by eliminating or managing incontinence and pelvic floor conditions - giving you the confidence to live your life again.

Inova Physical Therapy Centers offers a comprehensive, customized approach to bladder, bowel and sexual dysfunction.

For questions or to learn more, please visit inova.org/physicaltherapy or call 1.877.604.6682.