

FAQ ABOUT PELVIC FLOOR THERAPY

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1

SHOULD I REHAB MY PELVIC FLOOR?

A healthy pelvic floor is necessary to ensure you can control when you poo and pee, enjoy sex, and live pain-free. If you're having issues, you can rehab your pelvic floor as you would any other injury or body part.

2

WHY SHOULDN'T I JUST DO KEGELS?

For people with inflexible pelvic floor muscles, doing Kegels will make things worse by making their muscles even tighter. It's not always the case that your muscles are too weak - sometimes they're not flexible enough, too stretched out, or uncoordinated. It's important that you understand what's causing the problem before taking action.

3

WHAT DOES PELVIC FLOOR THERAPY ENTAIL?

Sessions are tailored to your individual needs and situation. The focus may be on posture, breathing techniques, stress reduction, and developing healthy habits. Massage, strengthening exercises, and internal work may also be used when appropriate.

IF YOU HAVE ANY OF THE FOLLOWING YOU SHOULD SEEK PELVIC FLOOR THERAPY

- Urine leaking with activity
- Peeing more than every 2 hours
- Going to the bathroom and only peeing a few drops
- Strong urge to go to the bathroom
- Difficulty starting your stream of urine
- Difficulty eliminating or constipation
- Any pain with sex or insertion
- Pain around your vulva, penis, or rectum
- Persistent low back or butt pain
- Excessive abdominal cramping
- Difficulty holding your stool in