



What is the Goal of Therapy?

With diligent self-care and guidance from our therapists, we can help you:

Gain control of your bladder and bowel function

Decrease pain and increase activity tolerance

Reduce medication use for incontinence and pain

May prevent need for surgery



Hanna Pearson,
OTD, OTR/L



Kim Budke,
OTR/L

MITCHELL COUNTY HOSPITAL HEALTH SYSTEMS

OCCUPATIONAL THERAPY
400 W. 8TH STREET
BELOIT, KS 67420
WWW.MCHK.S.COM

PHONE: 785-738-9240
FAX: 785-738-9586



PELVIC FLOOR DYSFUNCTION

*Finding Support in Your
Recovery Process*





What is Pelvic Floor Therapy?

Pelvic floor therapy focuses on the muscles, ligaments, and connective tissues that support the bladder, bowel, uterus, and sexual function. These muscles play a key role in continence, posture, stability, sexual health, and daily function.



Common Issues Treated:

Pregnancy / postpartum recovery

Pelvic pain

Urinary incontinence or urgency

Painful intercourse

Constipation

Bowel incontinence



As Occupational Therapists, we address:

- Pelvic floor muscle function and coordination
- Bladder and bowel routines and habits
- Pain management (manual therapy and modalities)
- Breathwork and core integration
- Self-care education including diet and lifestyle changes that can improve symptoms
- Stress and lifestyle factors (relaxation techniques)
- Postural alignment and ergonomics
- Intimacy and sexual function



Initial Evaluation Includes:

- Thorough health and pelvic floor history
- Discussion of bladder, bowel, and sexual health
- Assessment of pelvic floor muscle function
- Optional internal or external muscle exam (based on comfort / consent)



Statistics:

About 32% of women have at least one pelvic floor disorder.

Approximately 33% of women experience urinary incontinence within three months of giving birth. Nearly 93% of women surveyed reported symptoms of pelvic floor dysfunction during pregnancy, that continue one year postpartum.

Approximately 50% of pregnant women suffer from musculoskeletal pain.

Prevalence increases significantly with age; for example, over half of women over 80 experience problems.

Parity (number of births) is associated with higher rates of urinary incontinence and prolapse.