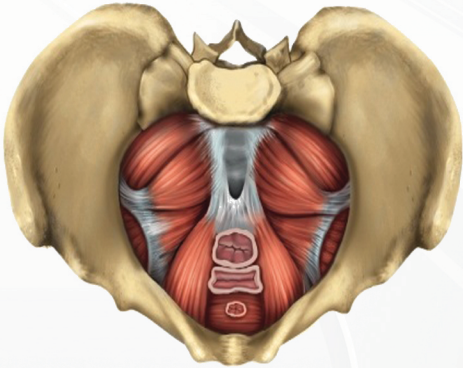


PELVIC FLOOR MUSCLES

These are the muscles that attach to the bottom of the pelvic bones and run front to back, forming a bowl-like structure that lifts to support the internal organs and controls the sphincter muscles. The pelvic floor muscles also work to strengthen the low back, stabilize the pelvic bone, and help with sexual function.



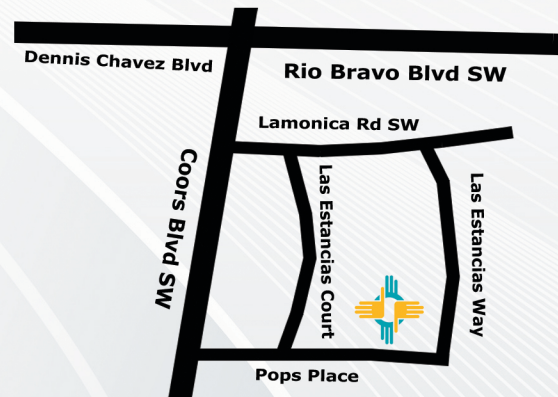
Pelvic Floor Dysfunction (PFD) includes

- Urinary urgency, frequency, or leakage
- Pain during or after intercourse
- Unexplained low back pain or pelvic region pain
- Organ prolapse
- Pelvic floor weakness
- Post surgical issues

Millions of people suffer from pelvic floor dysfunction - it is more common than you think. About 1 in 5 women suffer from pelvic floor dysfunction. However, many are unidentified or untreated. According to current guidelines, lifestyle modifications and conservative treatments should be advocated to all women with urinary incontinence as first-line treatment.



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PELVIC FLOOR PHYSICAL THERAPY

Conservative Treatment for
Incontinence and Pelvic Pain



Pain or incontinence interfere with your life, affect your relationships, or impose activities restrictions? There is an option that can help:
Pelvic Floor Therapy.