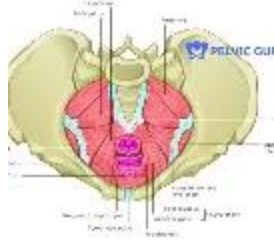


## WHAT IS THE PELVIC FLOOR?

The pelvic floor is made up of a group of muscles that form the base of your pelvis. They attach from the front of the pubic bone to the tip of the tailbone, forming a sling or hammock.



Both males and females have a pelvic floor, and it performs many important functions:

- Maintaining bowel and bladder continence
- Breath and abdominal support
- Supports the weight of the abdominal and pelvic organs
- Stability for the spine
- Allows for evacuation of the bowels
- Sexual functions

## WHAT ARE THE COMMON SYMPTOMS OF PELVIC FLOOR DYSFUNCTION?

Because it serves a broad range of roles, there may be many manifestations and symptoms of pelvic floor issues, which include:

- Bladder or bowel leakage
- Urinary urgency or frequency
- Difficulty emptying the bladder
- Pain in the pelvis, tailbone, lower abdomen or hips
- Constipation
- Pain with intercourse or use of a tampon

## WHAT IS PELVIC FLOOR PHYSICAL THERAPY?

The pelvic floor is made up of muscles, so a specialized physical therapist can treat dysfunction of the pelvic floor. Pelvic floor therapists can determine if your pelvic muscles are weak, tight (or both) and treat as needed with exercise for strengthening or relaxation of muscles, hands-on techniques (manual therapy) and techniques to help with bowel and bladder control.