



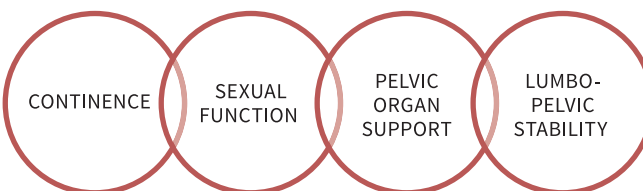
PELVIC FLOOR PHYSIOTHERAPY

Restoring Pelvic Function
for Men and Women



WHAT IS PELVIC FLOOR PHYSIOTHERAPY?

Pelvic Floor Physiotherapy is a specialized area of physiotherapy that focuses on the assessment and treatment of your pelvic floor musculature. The pelvic floor is a group of musculature that surrounds your pelvis and is essential for:



Pelvic floor physiotherapists help ensure proper strength, muscle length, and coordination are balanced to avoid dysfunction.

In 2010, the Cochrane Collaboration concluded that Physiotherapists with specialized training in pelvic floor rehabilitation should be the first line of defence, before surgical consultation, for stress, urge, and mixed incontinence in women.

WHO SHOULD SEE A PELVIC FLOOR PT?

Men and women who suffer from any of the following:

- Incontinence
- Urinary Frequency /Urgency
- Pelvic Organ Prolapse
- Constipation
- Chronic Pelvic Pain Syndrome
- Interstitial Cystitis (Painful Bladder Syndrome)
- Chronic Prostatitis
- Vaginismus
- Vulvodynia
- Dyspareunia (Painful Intercourse)
- Endometriosis
- Pudendal Nerve Irritation
- Pelvic Girdle, Hip, and Low Back Pain
- Pre/Post Partum



WHAT IS PELVIC FLOOR DYSFUNCTION?

Pelvic Floor Dysfunction can be caused by:

HYPOTONICITY

Weak pelvic floor muscles, which can contribute to stress or urge incontinence and pelvic organ prolapse.

HYPERTONICITY

Tight pelvic floor muscles contributing to urinary and fecal urgency, urge incontinence, chronic pelvic pain, dyspareuria, interstitial cystitis and chronic prostatitis.



Pelvic Floor dysfunction is common, but many people do not address it due to fear, embarrassment, or do not know help is available.

Pelvic Floor physiotherapy can help you reduce your pain, gain control of your body, and improve your quality of life.

WHAT TO EXPECT?

Our pelvic floor physiotherapist will provide a comprehensive and individualized assessment of your pelvic floor musculature through:

- **internal techniques** (vaginal and/or rectal) to ensure proper strength and tone
- **external techniques** to assess the low back, hips, and sacro-iliac joint as these joints can stress your pelvic floor muscles

Treatment may include, but is not limited to:

- Education on the pelvic floor, hip, and low back muscles.
- Therapy to correct pelvic and lumbar alignment
- Pelvic floor strengthening and/or soft tissue release
- Individualized home exercise program
- Self-Care strategies

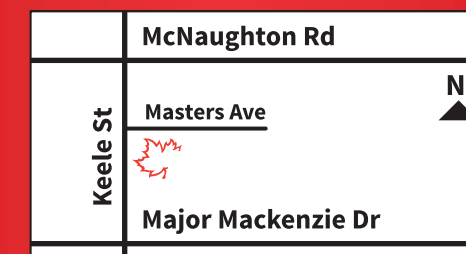


NEW PATIENTS WELCOME

Services Covered by Health Benefit Plans

Extended Hours:

Monday	8:00am – 7:30pm
Tuesday	9:00am – 7:30pm
Wednesday	8:00am – 7:30pm
Thursday	9:00am – 7:30pm
Friday	8:00am – 7:30pm
Saturday	9:00am – 3:00pm



**10175 Keele Street, Unit 3
Maple, ON, L6A 3Y9**

Just North of Major Mackenzie
Ample Free Parking

P: 905 832 8880 | F: 905 832 4881
mail@maplehealthcare.com
www.maplehealthcare.com

Move Easier. Be Stronger. Age Gracefully.

