

# Services

## Pelvic Health Physiotherapy

Be Body Positive!

### "Peezing" - Leaking urine when you sneeze - it can be treated

**Pelvic Health Physiotherapy** is a specialized treatment for almost anything pelvic in nature. Treatment is customized to the patient and integrates pelvic floor muscle re-training, scheduling habits, nutrition and hands-on techniques. Urinary incontinence, pelvic organ prolapse, lumbopelvic pain, painful intercourse (dyspareunia) and perinatal conditions are all conditions that Pelvic Health Physiotherapy addresses.



#### How will Pelvic Health Physiotherapy Help Me?

Physiotherapy is internationally recognized as the first choice of treatment for incontinence and prolapse. We use evidence-based therapy techniques and a team based approach to treatment. If you want to get control of your body and live your life to its fullest potential come see a pelvic health therapist at Momentum Health.

#### Who is a candidate for pelvic health physiotherapy?

People who:

- Leak urine when they cough, laugh, sneeze or exercise
- Leak urine due to inability to hold during strong urges
- Urinate more than 8 times a day
- Have difficulty initiating urination
- Feel that they have not fully emptied their bladder after urination

- Have feeling of pressure or heaviness in their pelvic region
- Strain to have a bowel movement
- Experience pain during or after bowel movement
- Have pain with sexual intercourse or difficulty with penetration
- Have pelvic pain (vaginal, rectal or perineal)
- Have pelvic girdle, buttock, low back or coccyx pain
- Had an Episotomy, Forceps delivery or C section
- Pregnant women who would like to prevent tearing during labor

Have been diagnosed with:

- Stress or Urge Incontinence
- Pelvic Organ Prolapse
- Over Active Bladder
- Pregnancy related pain (pre and post-partum)
- Interstitial Cystitis
- Dyspareunia
- Vaginismus
- Vulvodynia/Vestbiulodynia
- Pudendal Neuralgia or Entrapments