

PELVIC PAIN AND INCONTINENCE



*The Physiotherapy
Approach to Treatment*



Agar
Physiotherapy
Clinic

PELVIC HEALTH MATTERS!

This complex area of the body contains the urinary system, bowel and reproductive organs, and transfers loads between the lumbar spine and the lower extremities. Dysfunction or pain in the pelvis can interfere with your quality of life and movement. Ayr Physiotherapy Clinic provides comprehensive, science-based, gentle physiotherapy management for a range of pelvic health problems, including:

- *stress urinary incontinence*
- *urinary urgency and urge incontinence*
- *bowel incontinence and constipation*
- *pain associated with digestive disorders such as irritable bowel syndrome*
- *post-surgical pain*
- *musculoskeletal pelvic pain such as pubic symphysis/groin pain, sacroiliac pain and coccydynia /tailbone pain*
- *puddental neuralgia and other chronic pelvic pain syndromes*
- *specific to women: vestibulodynia, vulvodynia, vaginismus, post-partum pain, pelvic organ prolapse*
- *specific to men: pre-op and post-op prostate surgery care to treat incontinence*

About Urinary Incontinence

The pelvic floor muscles need adequate strength and co-ordination to provide the closure needed for continence. Delivering babies, chronic straining or coughing, and weakening after illness or surgery can contribute to incontinence. While urinary incontinence becomes more prevalent with increasing age research shows it can be successfully treated with physiotherapy in women and men.

About Pelvic Pain

Pelvic pain can have a big impact on quality of life. Lingering sacroiliac discomfort, bladder pain, vaginal pain, a chronic sports related groin pull, pain after a fracture or a sore tailbone, are all symptoms treated effectively with physiotherapy.

About Prolapse

Pelvic organ prolapse in women becomes more common with increasing age, but young women can also be affected. Multiple deliveries or a long pushing phase increase the risk. Symptoms include heaviness, pain or a feeling that something has dropped. Some women need to support the area to go to the washroom, or experience a visible or palpable bulging. The symptoms of prolapse can be significantly reduced with physiotherapy.

Physiotherapy Treatment Includes:

- Manual therapy to improve joint mobility of lower back, pelvis and hips
- Soft tissue techniques
- Stretching tight muscles
- Nerve mobilization to improve sensation, reduce pain & hypersensitivity
- Modalities
- Posture correction of the pelvis
- Pelvic floor and core muscle strengthening exercises



The Physiotherapist is your partner in evaluating and restoring strength, endurance, movement and physical abilities affected by injury, disease or disability. We treat people of all ages.

Coverage

Physiotherapy services are reimbursed by most extended health insurance plans. Check with your provider for details on your individual coverage.

Facility

K. Chesney Physiotherapy Professional Corporation is operated as the Ayr Physiotherapy Clinic.

The Ayr Physiotherapy Clinic is a first contact, autonomous, client-focused health care facility. We comply with privacy legislation and promote this privacy with our individualized assessment and treatment rooms.

Free parking is available on site.



Visit our website at:
www.ayrphysiotherapy.com
or call our clinic at (519)632-8822

Ayr Physiotherapy Clinic

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