

Pelvic Floor Physiotherapy Commonly asked Questions

Is Physiotherapy for the pelvic muscles the same as Kegels exercises?

While Kegel exercises may be a part of your treatment plan, Pelvic Floor Physiotherapy involves much more than this one strategy. Kegel is actually the name of the physician who first promoted the concept of consciously working the internal pelvic muscles.

I tried Kegel exercises - why didn't they work to solve my problems?

Women have not been taught to develop awareness of the genital area so in attempting Kegels most women unknowingly tighten the wrong muscles thus not targeting the specific muscles that can make a difference. Furthermore, pelvic floor disorders can be complex, requiring a specific exercise program adapted to your needs. A Physiotherapy assessment identifies this for you.

Why do I have a strong urge to pee so often?

Function of the bladder is affected by poor support and as a result the bladder muscles contract inappropriately causing the urge sensation. This response can be corrected by behavior modification, bladder training, muscle strengthening, and restoration of the normal reflexes involved in bladder emptying.

Why does sneezing, coughing, running, skipping or jumping cause me to lose urine?

All of the above circumstances increase abdominal pressure resulting in a 'giving way' of the weakest link, which is usually the pelvic muscles which support the bladder and urethra.

Why do I have pain during intercourse or when using tampons?

Pelvic floor muscles are very sensitive and can build tension related to stress, just like your shoulders. This can become the new 'normal' for your pelvic floor over time, and the muscles can then become painful when stretched by vaginal penetration. Training these muscles to relax and release can eliminate the hypersensitivity and pain.

How can strengthening the pelvic muscles enhance sensation during sex for me and my partner?

Strong muscles have better tone for a more tailored fit. Also blood flow and nerve impulse transmission are improved in healthy muscle tissue, which enhances the intensity of orgasm.

Can strengthening the pelvic muscles prevent prolapse of the pelvic organs?

Yes, the stronger the muscular support the less likely the organs will shift, drop or herniate through the pelvic floor.

Can exercise reverse a prolapse?

It is unlikely that a well-established prolapse can be reversed but strengthening can prevent it from getting worse. Even if the prolapse can't be fully resolved, associated symptoms can often be improved.

I'm pregnant. Should I be doing Kegels?

During labor, it is the pelvic floor muscles that contract and relax to allow the baby to pass. An assessment will help you identify the muscles and learn how to squeeze and release them. The more connected you are with them, the more familiar this process will be for you when the time comes. You will also be well prepared to help your muscles recover post delivery.

I've just delivered, when should I get my pelvic floor checked?

Every new mother should have her pelvic floor assessed so she can begin work to restore optimum health, connection and function there. As with all healing, the sooner the better to prevent further weakening. It's ok if you have tearing or stitches, just come in when you feel comfortable to.

I had a Caesarean/ C-section, do I still need my pelvic floor checked?

If you are having any symptoms of pain or incontinence, you should have your pelvic floor checked. If you pushed before the Caesarean / C-section, there will still have been a strain to the pelvic floor.