



All Things Pelvic

With Physiotherapist Courtney Voisin

Hi everyone! My name is Courtney and I am one of the physiotherapists at our SOS Belmont location. I have been practicing in orthopedics for the past 4 years and have recently expanded my practice to include pelvic floor physiotherapy. I decided to dive into the world of pelvic health because there are so many people out there struggling with symptoms that they think are normal, or are too uncomfortable to talk about. My goal is to normalize the conversation around pelvic symptoms and spread the word that there is a solution out there. I believe everyone should be able to participate in the things they love to do - so if you feel like you are being held back by your pelvic symptoms, I'm here to help!

What is Pelvic Floor Physiotherapy?

Pelvic floor physiotherapy focuses on the assessment and treatment of both the internal and external pelvic muscles and joints in order to address pelvic pain and a variety of conditions arising from the structures in the pelvic region. The pelvic floor includes muscles, ligaments, nerves and connective tissue. These tissues are extremely important in providing support and stability to our bladder, bowels, uterus and genitals. When the system is not functioning optimally, it can lead to issues such as pelvic pain, leakage, prolapse, sexual dysfunction and more. Pelvic floor physiotherapy is a highly effective conservative management strategy for a multitude of pelvic floor conditions.

What does Pelvic Floor Physiotherapy Treat?

- Stress incontinence (urine leakage with laughing, coughing, or exercise)
- Urgency and frequency of urination
- Pelvic pain
- Postpartum recovery
- Diastasis recti
- Birth preparation
- Pelvic organ prolapse
- Constipation
- Low back / hip pain

What Can I Expect at a Pelvic Physiotherapy Appointment?

We will spend some time at the beginning of the session discussing your current symptoms, medical history and how your symptoms impact your daily life to gain a thorough understanding of your condition, and to guide our assessment and treatment plan. During the physical assessment we will look at the muscles and joints around the pelvis (hips, low back, abdomen) through some functional movements, range of motion and strength testing. With your informed consent we will proceed with an internal assessment. The purpose of the internal assessment is to assess the tissues of the pelvic floor including their tone, strength, coordination and endurance. An internal exam is not mandatory, but this information allows us to best tailor your treatment plan specifically to you. Pelvic floor physiotherapy is much more gentle than PAP exams or pelvic ultrasounds. It is normal to feel pressure or very mild discomfort, however we will be continuously checking in regarding your comfort level and can stop the exam at any time. Our goal is to identify the different factors that are affecting your pelvic floor function and develop a treatment plan including education, exercises, hands on treatment, and lifestyle modifications to get you back to feeling your best.

Still have questions? Book a free Discovery Visit with me to chat and see if Pelvic Floor Physiotherapy is right for you!



Did You Know?

- 1 in 3 women experience urinary incontinence
- There are different types of urinary incontinence (stress, urge, mixed)
- Experiencing incontinence is NOT a normal part of aging – there is something you can do about it
- Only 1 in 12 people seek out treatment because they are embarrassed to talk about it, or don't know that help is available

(Pelvic Health Solutions, 2019)



How Physiotherapy Helps Pelvic Health



Are you experiencing pain in your intimate areas? Have you struggled with incontinence? For some, it can be challenging to talk about these types of struggles. At SOS Physiotherapy, we are musculoskeletal experts and work with people experiencing difficulties in all body regions.

Our highly trained team uses the most advanced strategies to help alleviate the pain and restore normal function of the bowel and urinary systems. We also help people experiencing pain during sex and experiencing dysfunction in sexual performance.

Everyone has a pelvic floor, and learning how to resolve issues can significantly impact your overall well-being. At SOS Physiotherapy, our team works with all types of problems affecting the pelvic region regardless of gender identity.

WHAT IS THE PELVIC FLOOR?

The pelvic floor is a term used to describe the region located in the bottom aspect of the pelvis. The pelvic floor is a complex system that works with the structures and systems in the pelvic cavity and the body.

The pelvic floor is supported by several muscles that also provide several essential functions, including supporting the organs found in the pelvis, bladder and bowel control, and sexual function. Impairments in muscle function can lead to pain and dysfunction.

The ability to contract the pelvic floor correctly can be affected by several factors, including:

- Weakened bladder muscles resulting from pregnancy, childbirth, obesity, and aging
- Physical damage to your pelvic floor muscles from childbirth or surgery
- Certain medications
- Damage to the nerves from health problems like diabetes and multiple sclerosis
- Enlarged prostate
- Types of cancer
- Trauma (physical, psychological/emotional)

Strong pelvic floor muscles are essential with activities where an extra force is added to the abdomen and pelvic floor (i.e., coughing, laughing, sneezing, and lifting). When these muscles are weak or not working as they should, pelvic floor dysfunction may occur. Fortunately, our physiotherapists know how to identify the factors contributing to your problems and, more importantly, how to resolve them!

THE MOST COMMON ISSUES PEOPLE FACE

The pelvic floor muscles are needed for sexual function, urination, and defecation. Impairments are often ignored early on due to the difficulties of talking about this region of our body. We understand people's difficulties, but it is important to note that addressing an issue

when it first starts will often lead to a quick resolution and the most complete recovery.

Women experience pelvic floor conditions, including painful menstrual periods, painful urination, and urinary incontinence. The impairments will even lead to pelvic organ prolapse and chronic pelvic pain for some.

Men often don't know about the pelvic floor until there is a problem. The most common issues include urinary dysfunction after prostate cancer treatments. Typically these symptoms range from some leaking to complete loss of bladder control or irritation/discomfort when urinating. Pelvic floor dysfunction for some may lead to erectile dysfunction.

Fortunately, our physiotherapists are trained in pelvic rehab no matter your gender and can help you resolve any issue you may be experiencing.

HOW PHYSIOTHERAPY CAN HELP

Our therapists at SOS Physiotherapy tailor our programs to the individual using research-backed, comprehensive treatment programs. We will conduct a thorough history and physical examination to identify all the possible factors contributing to your condition.

Evaluating the strength of the pelvic floor muscles includes assessing your ability to willfully contract your muscles and also identifying your ability to generate power and sustain a contraction. It is also essential to test your contraction speed and your ability to relax on command.

We will use this information to develop an individualized program focusing on helping you resolve your pain and restore your function. Our pelvic floor treatments include:

- Soft tissue mobilization and massage of internal and external pelvic musculature to relieve muscle tension and provide pain relief
- Pelvic floor muscle retraining to restore normal strength and endurance
- Neuro-retraining (i.e., incorporating pelvic floor muscle activation during simulated daily activities)
- Electrical stimulation modalities for pain relief and to restore normal neuromuscular activation of the pelvic floor muscles and nerves
- Bladder training (i.e., gradually holding urine for longer and longer periods)

Our team will educate you on home exercises and simple movements that you can build into your everyday activities. We believe that teaching you strategies to manage and improve your pelvic health is the key to lasting results.

At SOS Physiotherapy, our physiotherapists can help with incontinence, pelvic pain, and sexual dysfunction, whether your condition results from reconstruction surgery, abdominal surgery, prostate cancer treatments, pregnancy, or childbirth. No matter what it is, we most likely treat it.

Contact our clinic today and request an appointment with one of our pelvic floor specialists!

www.sosphysiotherapy.ca

SOS PHYSIOTHERAPY IS OPEN FOR VIRTUAL AND IN-PERSON TREATMENTS! CALL ANY ONE OF OUR 3 LOCATIONS

Belmont Clinic
Belmont Professional Centre
564 Belmont Avenue West, Suite 301
Kitchener, Ontario N2M 5N6
TEL: (519) 743-8787

Elmira Clinic
Behind Wellness Centre (Clock Tower)
3 Wyatt Street East, Suite 2
Elmira, Ontario N3B 2H4
TEL: (519) 669-1212

Northfield Clinic
Waterloo Corporate Campus (Sobeys Plaza)
595 Parkside Drive, Suite 5A
Waterloo, Ontario N2L 0C7
TEL: (519) 888-7070

MOONLIGHT MADNESS



On December 1st our SOS Elmira team took part in Elmira's Moonlight Madness celebration! This is the 100th year of Moonlight Madness supporting local downtown retailers during the holiday season. The clinic was open late for hot apple cider and treats. We had lots of kids and families stop by to participate in our annual coloring contest. Thanks to everyone who came out to support the community and hang out with our Elmira team!



New Product Alert!

SpringLoaded Custom Knee Brace

The SOS team is excited to now offer the SpringLoaded custom knee brace. This brace is specifically designed for clients with patello-femoral or multi-compartmental knee osteoarthritis. It uses patented liquid spring technology to power the leg and reduce forces across the entire knee joint. The spring pack will absorb and release stored energy when you bend and straighten your knee to help power your leg. As a result, movements like squatting, going up and down stairs and getting up from sitting are easier and less painful to perform. The brace uses a power dial so you can instantly customize the strength of your brace's spring power to match your activities and pain level. SpringLoaded can help reduce your knee pain and get you back to the things you love. Ask your Physiotherapist or book a free consultation with our bracing specialist Mia if you think this brace could be right for you!



Embedded Spring Technology



CALL ANY ONE OF OUR 3 LOCATIONS TODAY!



ONLINE WEBINAR

Introduction to Pelvic Health

Online Webinar
January 17th at 4:30 pm

Hosted by Pelvic Health Physiotherapist Courtney Voisin
with co-hosts Anna Belay & Nimmy Thomas



Workshops are completely free to join. Don't delay, register today by visiting our website, scanning the QR Code, or by calling us now!

This Webinar will cover:

- Anatomy and roles of the pelvic floor
- Some of our favorite exercises to target the pelvic floor
- How pelvic floor physiotherapy can help with conditions like urinary incontinence, prolapse and pelvic Pain

Belmont Clinic

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Elmira Clinic

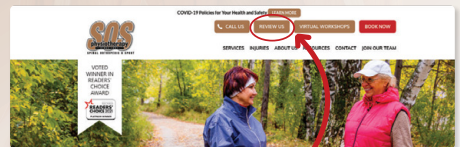
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Waterloo Corporate Campus (Sobeys Plaza)
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SOS 2023 HOLIDAY PARTY



The SOS team had a great time at their annual holiday party hosted at Elmira Golf Club last weekend! It was awesome to see faces from the other clinics and get the whole SOS team together to celebrate another great year. The night was filled with an amazing meal, some drinks and of course a ton of laughs and fun. Check out some of the photos from the night.



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Exercise Essentials

One of the reasons we can experience pelvic pain can be increased tension in the pelvic floor. These muscles can become tense or overactive if we are feeling stressed, anxious, or worried. Connective tissue tension in the muscles surrounding the hips, low back and pelvis can also be a contributing factor to pelvic pain. The following stretches are great for relaxing the pelvic floor muscles, as well as external muscles surrounding the pelvis, back and hips. **Remember to breathe!**

CHILD'S POSE: Start on all 4's with your hands stacked under your shoulders and your knees under your hips (on the floor or your bed). Bring your bum towards your heels and reach your arms forward until you feel a stretch in the low back and/or glute muscles. Hold for 30 seconds, repeat 3x.



KNEE TO OPPOSITE SHOULDER: Lay on your back with your legs straight. Bring one of your knees up towards your chest and then over to your opposite shoulder until a stretch is felt in your glute muscle. Hold for 30 seconds, repeat 3x.

BUTTERFLY: Lay on your back with your knees bent and feet flat on the floor. Let your knees fall outward towards the side until you feel a stretch in the inner groin area. Hold for 30 seconds, repeat 3x.



OBTURATOR INTERNUS STRETCH: Stand in front of your bed or a chair. Bring your knee up on the surface while keeping your back leg straight. Gently lean forward until you feel a stretch in your glute area. Hold for 30 seconds, repeat 3x.

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