



What Are The Symptoms Of Pelvic Floor Dysfunction?

Tight pelvic floor muscles can cause urinary, bowel, sexual dysfunction and pain in men and women. Typical urinary symptoms include dysuria, hesitancy, frequency, urgency, slow or interrupted stream, and stress, urge or mixed incontinence. Bowel symptoms include constipation, pain before, during, or after bowel movements and fecal incontinence. Sexual dysfunction includes dyspareunia, painful, diminished, or absent orgasm/ejaculation, and post-coital genital pain. Pain symptoms include aching, burning, or stabbing symptoms in the labia/clitoris/vulva, penis/scrotum, anus, perineum, buttocks and legs. Extending beyond tight pelvic floor muscles, most patients with these symptoms also present with internal and external myofascial trigger points, connective tissue restrictions, adverse neural tension, and biomechanical abnormalities.

How Do We Treat Pelvic Floor Dysfunction?

All physical therapy treatment plans are individualized based on the objective findings from a thorough examination. Typically each treatment plan includes 5 components: internal techniques to lengthen the pelvic floor muscles, myofascial trigger point releases within the pelvis and in the external pelvic girdle muscles, connective tissue manipulation, and correction of biomechanical abnormalities. The techniques are performed manually in the office and a home exercise

program will be given to the patient. Spouse/partner training programs are also available to assist the patient at home.

About The Pelvic Health And Rehabilitation Center

Each patient is given one-on-one treatment by his or her physical therapist. Sessions are usually one hour and the patient is seen one time per week. Depending on the chronicity and severity of the problem, the duration of treatment may last 12 weeks to one year and is utilized with decreasing frequency as the patient improves.

We support a multi-disciplinary approach working closely with physicians, psychologists, pilates instructors and other allied health professionals to optimize patient outcome.

Stephanie Prendergast and Elizabeth Rummer are internationally recognized as experts in the field of pelvic floor dysfunction. The Pelvic Health and Rehabilitation Center is proud to report a success rate that exceeds 90% with this patient population. In addition, they conduct research, teach continuing education courses, and serve on the Board of Directors for several professional organizations.

"After suffering from pelvic pain for 13 years, I've finally found an incredibly informed and caring medical practitioner who provides tremendous pain relief. But more importantly, she's given me hope that I can and will be pain-free one day."
---Shiela, Chico, CA