TREATMENT OPTIONS

The physical therapists at Touro are experienced in designing physical therapy treatments to treat pelvic pain, pelvic floor dysfunction and urinary incontinence.

Pelvic floor physical therapy can be utilized to treat the root of the problem. Some examples include pelvic floor strengthening, “down training” to reduced pelvic floor myofascial tone, core stabilization, muscle re-education, bladder retraining, and pain management.

PELVIC FLOOR TREATMENT PROGRAM AT TOURO

If you are a patient or healthcare provider who would like more information about the pelvic floor program treatment at Touro, please call (504) 897-8157.

Treatment for pelvic floor dysfunction at Touro is approved for reimbursement by Medicare, most managed care organizations and most private commercial carriers.

You must have written referral from your physician in order to receive pelvic floor treatment.

3450 Chestnut St.
New Orleans, LA 70115
Fax (504) 897-7041
Phone (504) 897-8157

www.touro.com/rehab

Visit our facebook page at: facebook.com/touro
WHAT IS THE PELVIC FLOOR?
The pelvic floor is all the structures including muscles, ligaments, myofascia and bones contained within the lower portion of the pelvis. The pelvic floor functions to transmit forces from the trunk to the limbs and houses abdominal and pelvic organs such as the bladder, rectum, and reproductive organs.

Often times the pelvic floor is underactive or overactive resulting in problems such as incontinence, pelvic organ prolapse, constipation, pelvic pain, and impaired sexual function.

SIGNS AND SYMPTOMS
Signs and symptoms of possible pelvic floor dysfunction include:
- Leaking urine/fecal material
- Incomplete emptying, urgency to void, constipation
- Feelings of “heaviness”
- Pelvic pain
- Back pain
- Decreased lubrication, and decreased sensation and/or arousal regarding sexual function

ABOUT PELVIC FLOOR DYSFUNCTION
Millions of Americans are suffering from pelvic floor dysfunction, yet for most, the disease goes unidentified and untreated. Statistics say that 1 out of every 5 Americans (of every age) suffer from some type of pelvic floor dysfunction at some time in their life. Over 25 million Americans suffer from urinary incontinence alone or involuntary loss of urine.

Pelvic floor dysfunction refers to a wide range of problems that occur when the muscles of the pelvic floor are weak, tight, or there is an impairment of the sacroiliac joint, low back, coccyx and/or hip joint. The tissues surrounding the pelvic organs may have increased or decreased sensitivity and/or irritation resulting in pelvic pain. Many times, the underlying cause of pelvic pain is difficult to determine.

These conditions may be due to:
- Infections (usually undiagnosed)
- Pregnancy or childbirth
- Insidious onset
- Poor posture from chronic low back or SI dysfunction
- Trauma (e.g. bad fall), or as a result of surgery

Pelvic pain has many possible causes and a variety of symptoms that can make you feel uncomfortable and embarrassed. You’re not alone—and your physical therapist can help.

WHO IS AT RISK?
Typically women who are most at risk are middle aged, experienced increased weight gain, have had multiple vaginal deliveries, postmenopausal, have had a hysterectomy and or other pelvic trauma or surgery.

Patients are referred because they have one or more of the following issues:
- Disorders of the bladder
- IC (Interstitial Cystitis)
- Disorders of the bowel
- IBS (Irritable Bowel Syndrome)
- Feeling of fullness/abdominal pain, pressure, discomfort, and bloating
- Post-Surgical: hysterectomy, hernia, laparoscopy, caesarean section, appendectomy and episiotomy.
- Sexual dysfunctions
- Pelvic Organ Prolapse