

For Patients: What is Pelvic Physical Therapy?

Pelvic Physical Therapy is a specialty in the field of physical therapy that works primarily with the muscles that support our internal organs. These muscles are collectively known as the pelvic floor, and have many important functions, like keeping us leak-free and making intercourse enjoyable. But lots of things can go wrong with these muscles!

So the job of pelvic physical therapists is to assess and treat bowel and bladder issues, sexual dysfunctions, pelvic pain conditions, pre-habilitation before pelvic surgeries, post-operative complications, and pregnancy or postpartum concerns like round ligament pain, low back pain, diastasis recti (ab separation), scar tissue and prolapse.

Yes, there's so much more to this work than "just kegels!"

Like any other muscle in the body, the pelvic muscles can get injured, scarred, be in spasm, too weak, too tight, or otherwise uncoordinated – but given their location, this work becomes deeply personal... and also exceedingly important for one's quality of life.

Pelvic physical therapists work with men, women and children across the age and gender spectrum. They have taken lots of additional coursework beyond their general skill set in order to specialize in this area and offer the most comprehensive treatment possible to their patients. You may also see this field referred to as pelvic floor physical therapy, and women's or men's health physical therapy.

How Do I Find a Pelvic Physical Therapist Near Me?

The American Physical Therapy Association Section on Pelvic Health PT Locator

<https://ptl.womenshealthapta.org/>

Herman & Wallace Pelvic PT Locator

<https://pelvicrehab.com/>

For Medical Professionals: What conditions does a pelvic PT address?

Note: this list is not exhaustive.

Pre/Postpartum Care

- Round ligament pain
- Pelvic girdle pain
- Back pain and sacroiliac joint
- Caesarean Section or Episiotomy
- Scar Tissue
- Urinary incontinence postpartum
- Diastasis recti
- Pelvic Organ Prolapse

Pelvic Pain/Dysfunction (including Sexual Dysfunction)

- Pudendal neuralgia
- Dyspareunia
- Vulvodinia
- Vulvar vestibulitis
- Vaginismus
- Pelvic Inflammatory Disease
- Pelvic congestion
- Erectile dysfunction
- Coccydynia
- Levator ani syndrome
- Endometriosis
- Persistent Genital Arousal Disorder

Post-Surgical Rehabilitation

- Laparoscopy
- Pelvic Reconstructive Surgery
- Appendectomy
- Hysterectomy
- Myomectomy
- Prostatectomy
- Colporrhaphy (anterior/posterior)
- Sacrohysteropexy
- Hernia Repair (umbilical/inguinal)

Bladder disorders:

- Interstitial Cystitis (IC/PBS)
- Overactive Bladder
- Prostatitis
- Prostatodynia
- Stress Urinary Incontinence
- Urinary Urgency / Frequency

Bowel disorders:

- Irritable Bowel Syndrome
- Feeling of fullness/abdominal pain, pressure, discomfort, bloating
- Chronic constipation
- Hemorrhoids
- Anal fissures
- Anismus / Dyssynergic Defecation
- Fecal incontinence (includes unexpected passage of gas)

Pre-habilitation

Pre-operative treatment enhances post-operative outcomes & speeds up recovery by: improving patient education, decreasing preoperative fear and discomfort, restoring proper motor control patterns, addressing underlying postural dysfunctions, and improving supportive muscle function.