

Pelvic Health Physiotherapy

Pelvic health physiotherapy is a field of physiotherapy which involves treating musculoskeletal conditions involving the pelvis and the pelvic floor.

Our physiotherapists have had specific training in pelvic health and pelvic physiotherapy. They are compassionate and understand the difficulty a person may experience while trying to manage pelvic pain, prolapse and incontinence, which can affect every aspect of life, from one's level of physical discomfort to emotional health.

Who is it for?

Pelvic health physiotherapy offers evaluation and treatment for:

Women

- Urinary incontinence
- Urinary urgency and frequency
- Faecal incontinence, leaking of gas
- Constipation
- Pelvic organ prolapse
- Pelvic pain
- Pain with intercourse (dyspareunia)
- Vaginal pain (vulvodynia, vaginismus)
- Interstitial cystitis / Bladder pain syndrome
- Endometriosis
 - Abdominal pain
 - Pain with intercourse
 - Painful periods
 - Post investigatory laparoscopy
- Abdominal and pelvic pain after surgery
- Coccyx pain
- Post – op Gynaecological Surgery
 - Prolapse repair

Men

- Urinary incontinence
- Urinary urgency and frequency
- Fecal incontinence, leaking of gas
- Constipation
- Pre-op prostatectomy pelvic floor training
- Post-prostatectomy incontinence and erectile dysfunction
- Constipation
- Pelvic pain
- Coccyx pain

Post childbirth

- Low back pain after pregnancy
- Separation of the abdominal muscles (Diastasis recti)
- Pelvic organ prolapse
- Urinary or faecal incontinence
- Pain with intercourse
- Pelvic pain
- Cesarean section, episiotomy or perineal tear
- Pubic symphysis pain after pregnancy

What is causing these problems?

Many factors can contribute to pelvic dysfunction. These include hormones, pregnancy, child birth, menopause, weight gain, stress, radiation therapy, surgery, trauma, constipation, dietary factors or poor toileting habits.

Don't be shy

Many men and women don't seek help for pelvic floor issues. We are busy, embarrassed or think that it is normal. Our Pelvic Health physiotherapists see people every day with a variety of pelvic floor issues. You may feel relieved once you have discussed your problems and have a plan for addressing them.

Referral Process

A referral can be made through medical specialists, GPs or independent midwives.

Assessment and treatments

The physiotherapist will complete a comprehensive assessment which may include:

- A full history of your condition
- Assessment (which may involve a Pelvic floor assessment with consent after discussion)

You may be asked to complete bladder or bowel diary to assist with the treatment planning.

Treatment may include:

- Education
- Exercise
- Bladder retraining
- Fluid and diet advice
- Manual therapy
- Tissue release
- Posture re-education
- Pain management strategies
- Breathing / relaxation techniques
- Self-management strategies

Appointments

Pelvic health physiotherapy plays a role in the management of the conditions noted, attending your appointment is important for your rehabilitation. If you have been given an appointment please attend, if you have to cancel due to unforeseen circumstances please let us know as soon as possible so your appointment can be given to someone else in need.

*The Bay of Plenty District Health Board has an active commitment to the Treaty of Waitangi
and the improvement of Māori health.*

**Tauranga Hospital 07 579 8000, Whakatāne Hospital 07 306 0999
www.bopdhb.govt.nz**

BOPDHB Design & Print Dept - July 2018