

**WIND RIVER PHYSICAL THERAPY IS NOW OFFERING
PELVIC FLOOR REHABILITATION**

WHAT IS THE PELVIC FLOOR?

Your pelvic floor consists of the muscles in the interior and bottom of your pelvis acting like a hammock. These muscles have multiple important functions:

1. **Sphincteric:** the pelvic floor muscles wrap around and support the opening of the bladder (urethra) and the rectum to help prevent leakage, or to relax to allow for normal urinary and bowel passage
2. **Support:** of pelvic organs including the uterus, bladder, and the rectum
3. **Stabilization:** the pelvic floor is an important part of the core and aids in stabilization of the low back, hip, and sacroiliac joints
4. **Sexual:** the pelvic floor assists with normal sexual function, pain with sexual intercourse can be related to pelvic floor dysfunction.

Signs you may be a good candidate for pelvic floor rehab:

- Problems urinating or defecating, including **incontinence**
- **Urge incontinence**
- **Stress incontinence:** urine leakage with running, coughing, sneezing etc.
- uterine, rectal, or bladder **prolapse**
- **Pelvic pain**
- Tension or tightness vaginal or perineal area
- Pelvic floor muscle weakness
- Painful sexual intercourse
- Hip or low back pain