


SCHEDULE YOUR APPOINTMENT

If you're ready to seek treatment for any pelvic floor issues, schedule your appointment with a pelvic floor physical therapist today.

 **701-842-6315**
to schedule an appointment




 **MCKENZIE HEALTH CENTER**
301 12th Street SE
Watford City, ND 58854

Note that the Pelvic Floor Therapy Department is located at the McKenzie Health Center (previously Anova). The Physical Therapy Department for all other musculoskeletal dysfunction is located in the Connie Wold Wellness Center.






LEXYN WALKER
PT, DPT, OCS, Cert ND, Cert LSVT

MCKENZIE HEALTH INFO

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PELVIC FLOOR PHYSICAL THERAPY

WHAT IS PELVIC FLOOR THERAPY?

Pelvic floor therapy is used to treat muscle disorders associated with the pelvis which can cause numerous bowel or bladder symptoms as well as pain with sexual functions.

IS IT RIGHT FOR YOU?

Here is a list of common pelvic floor related issues that can be treated with pelvic floor therapy:

- Pelvic organ prolapse: abnormal descent of the pelvic organs, including the uterus, vagina, bladder, or rectum, from their normal positioning
- Stress incontinence: involuntary leaking of urine during activities that increase intra-abdominal pressure, including coughing, sneezing, laughing, squatting, and heavy lifting
- Overactive bladder: a condition characterized by urinary urgency, frequency, and urge incontinence when your bladder involuntarily contracts
- Anal incontinence: involuntary leaking of gas, fluid, or stool from the rectum
- Pelvic floor myofascial pain: chronic pain that results from tightened pelvic floor muscles
- Vaginismus: uncontrolled, involuntary spasm of the muscles surrounding the vagina that occurs with penetration
- Dyspareunia: pain during sexual intercourse from vaginal penetration
- Vulvodynia: pain and discomfort in the vulva, often referred from tight and dysfunctional pelvic floor muscles



OTHER CONSIDERATIONS

ARE YOU PREGNANT OR HAVE YOU RECENTLY GIVEN BIRTH?

As you prepare for pregnancy and birth, your pelvic floor adapts and can lose strength and stability. Pelvic floor therapy can help reduce LBP, bladder leakage, pelvic girdle pain, and other pain associated with pregnancy. Pelvic floor therapy can give you tools to prepare for birth as well as treat the separation of the abdominal muscles, known as diastasis recti, that is common as baby develops throughout pregnancy as well as after birth.

HAVE YOU HAD A HYSTERECTOMY OR OTHER ABDOMINAL SURGERY?

Any abdominal surgery can affect the abdominal muscles and pelvic floor that work together to make up your core. Abdominal surgeries are associated with bladder dysfunction in years following surgery, so pelvic floor PT works to improve pelvic floor and core control to prevent or reduce incontinence or leakage. Pelvic floor physical therapy can help to regain ROM, reduce scar tissue, and improve muscles and associated pain following surgery.