

What is Pelvic Health Physical Therapy?

Pelvic health physical therapy involves treatment of the pelvic floor muscle group, which is responsible for a variety of functions. A strong pelvic floor is important for voluntary control of bowel or bladder, sexual function, stability when moving, and throughout pregnancy and labor.

How common is Pelvic Floor Dysfunction?

Pelvic floor disorders are very common, roughly one quarter of women are affected with one or more pelvic floor disorders. Research also finds the frequency of pelvic floor disorders increases with age.

What are some common disorders we treat?

- Frequent urination or an urgent need to go to the bathroom
- Urinary leakage
- Constipation
- Pain during intercourse
- Pelvic pain or pressure
- Tailbone, lower back, or hip pain
- Pelvic floor disorders associated with pregnancy/postpartum

How can a physical therapist help?

Provide education and exercises to identify and strengthen the pelvic floor to reduce dysfunction and improve your quality of life.

Visit us at one of our four locations:

BATAVIA
5 Alva Place
(585) 343-9496

LE ROY
3 West Avenue
(585) 768-4550

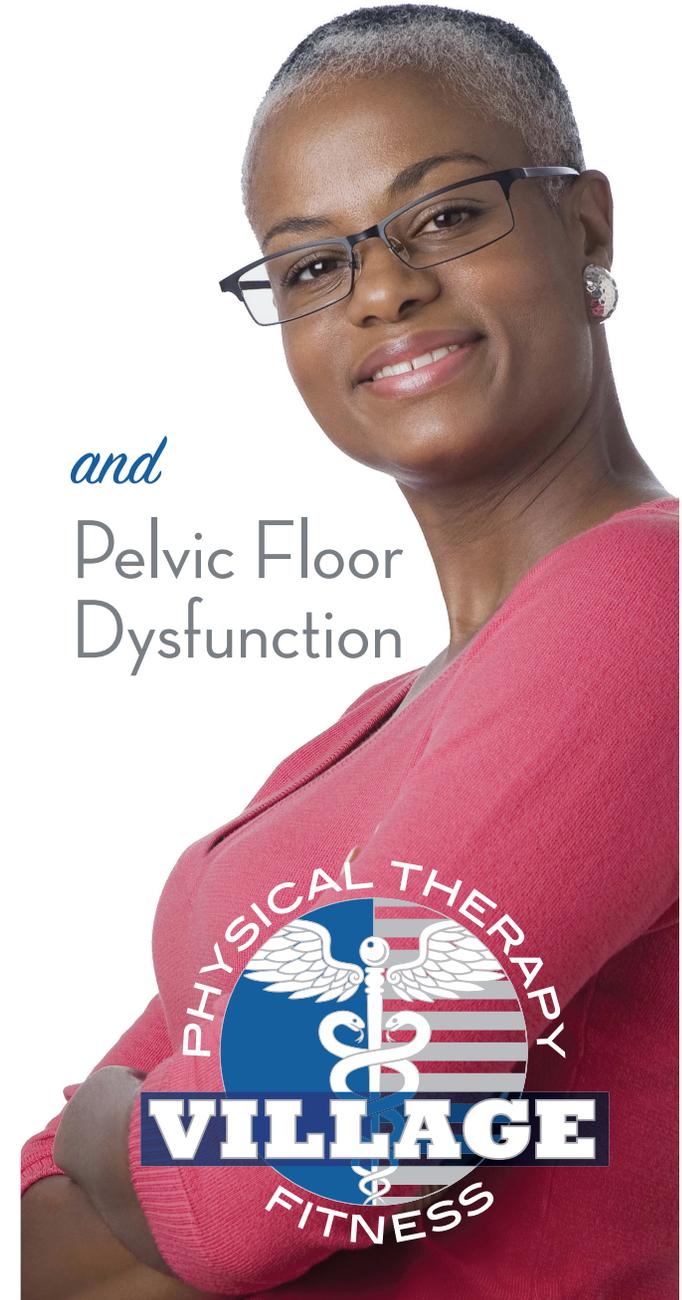
GANANDA-WALWORTH
1218 Mayberry Place
(315) 986-1528

WEBSTER
803A Ridge Road
(585) 347-0202



www.villagefit.com

PHYSICAL THERAPY



and

Pelvic Floor Dysfunction



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Common Conditions During Pregnancy and Postpartum that can be treated with therapy

- Low Back, SI, and Pelvic girdle pain
- Neck pain
- Tailbone Pain
- Pelvic Floor Dysfunction
- Upper Quarter Conditions (Carpal Tunnel, Thoracic Outlet)
- Incontinence
- Sciatica
- Managing Diastasis Recti
- Pain with sexual intercourse
- Core Weakness
- Modifying or Building Exercise program



“The goal of PT during pregnancy and postpartum is to address spinal and pelvic joint dysfunction, use exercises to address muscle weakness and imbalance, and to provide education and instruction to modify daily activities that may be difficult during this period.

It’s not just about Kegels!”



Exercise Benefits during Pregnancy

- Reduces back pain
- Eases constipation
- May decrease your risk of gestational diabetes, preeclampsia, and c-section
- Promotes healthy weight gain during pregnancy
- Improves your overall general fitness and strengthens your heart and blood vessels

Do I need a prescription from my doctor to see a physical therapist?

A physician’s referral is not needed to be evaluated by a physical therapist.



To schedule an appointment:



➔ Call or text: (315) 986-1528

➔ Visit us at www.villagefit.com

Or, scan the QR Code ➔



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