

## TO GET STARTED . . .

If you believe you may benefit from pelvic floor therapy, see your medical provider and ask for a referral to Physical Therapy of Concordia.

Most insurance plans require a medical consultation and referral. It's always best to verify medical coverage with your insurance plan before starting treatment.

## WHAT PATIENTS ARE SAYING . . .

*"I had no idea my pelvic floor was responsible for so many of my issues. It all makes so much sense now. Thank you for taking the time to teach me."*

*"This is the lowest my pain has been in years."*

*"I can now be intimate with my spouse without any pain."*

*"For the first time in 5 years, I can 'hold' it all the way to the bathroom."*



**JENNIFER DICKINSON**  
PT, DPT

*Jennifer Dickinson, PT, DPT earned her Doctorate of Physical Therapy degree from the University of Missouri in 2013. A native of Saline County, she returned home and began her pelvic floor education journey. In 2016, she attended her first pelvic floor education course through the Herman & Wallace Pelvic Rehabilitation Institute. She discovered a new passion in helping individuals improve their quality of life through pelvic floor therapies. Jen is currently a teaching assistant through the Herman & Wallace Institute to help train new pelvic floor therapists. In January 2020, Jen joined the PTC family and is excited to help the citizens of Concordia and all of the surrounding communities.*



# Pelvic Floor Physical Therapy

## Adult & Pediatric

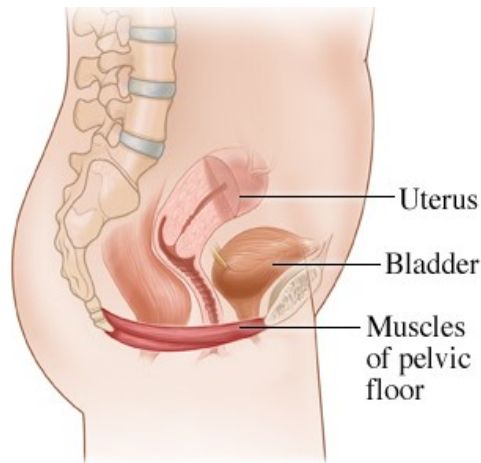


## Physical Therapy of Concordia

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## Pelvic Floor Physical Therapy

For Adults & Pediatrics

### PELVIC FLOOR FUNCTION

The pelvic floor is made up of muscles that control the flow of urine and bowel movements, support internal organs and provide stability to the pelvis and low back.

Problems with pelvic floor muscle function can lead to a variety of issues, including pain and issues with urinary and bowel function. Both males and females can suffer from issues related to their pelvic floor.

Our pelvic floor physical therapist is specially trained in treating the pelvic floor muscles to address these issues.

## PATIENTS MAY BENEFIT FROM PHYSICAL THERAPY IF THEY ARE EXPERIENCING. . .

### In adults:

- Leaking of urine or feces
- Constipation, difficulty emptying bowels, or difficulty initiating urination
- Pain with intercourse or pelvic exams
- Pain in the abdomen, tailbone, or genital area
- A “falling out” or “heaviness” feeling
- Unresolved low back or hip pain
- Diastasis recti (separation of the abdominal muscles)

### In children:

- Bed wetting (after 6 years old)
- Urinary leakage (after previously being potty trained, or after 5 years old)
- Fecal/bowel leakage
- Difficulty initiating urination
- Constipation or difficulty emptying bowels

NOTE: No internal examination/treatment is done on children.

## TREATMENT MAY INCLUDE . . .

- Education and behavioral modifications
- Exercise (hip and core strengthening)
- Postural education and functional training
- Pelvic floor exercises
- Relaxation techniques
- Manual therapy (trigger point , myofascial release, scar tissue mobilization, etc.)

## PREGNANCY & POST-PARTUM

Some aches and pains during pregnancy and after delivery are common. So how do you know what is normal and not normal?

### Normal:

- Pelvic/bottom pain right after birth (up to 1-2 weeks)
- Abdominal pain following C-section for up to 4-6 weeks
- Discomfort the first couple of times having intercourse

### Not Normal:

- Discomfort in your pelvic with everyday activities
- Back, shoulder, or neck pain interfering with your ability to take care of your baby
- A sense of heaviness or pressure in the vagina or rectum
- Leaking urine and/or feces, or difficulty controlling gas
- Pain with intercourse (after a couple of tries)
- Abdominal separation or “doming” with attempted abdominal contraction
- Abdominal pain 4-6 weeks after C-section

We understand the personal and private nature of these issues. Professional and sensitive care will be provided. You are encouraged to bring a friend or loved one if this will make you more comfortable.