

PELVIC FLOOR THERAPY



We're healthcare  
with heart



Finger Lakes Health  
Outpatient Rehabilitation

**Do you suffer from urinary incontinence, pelvic pain or pelvic organ prolapse?** The therapy staff at Finger Lakes Health Outpatient Rehabilitation Centers can help decrease the symptoms you are having and help you live a more rewarding life.

The muscles that sit in the bottom of your pelvis are called pelvic floor muscles. Pelvic floor muscles are small, but they impact a lot! Your posture, breathing, urination, and many other functions are supported by the pelvic floor muscles. Just like any other muscle, these muscles may become weak, tight, or painful. Pain can be caused by endometriosis, interstitial cystitis and worsen with prolonged sitting, standing, anxiety or intercourse.

The following are examples of common but treatable conditions that may be due to pelvic floor dysfunction.

**Urinary Incontinence:** can be caused by childbirth, surgery, or other causes...

- Urge incontinence: leakage that occurs when you have a strong urge to go and are unable to stop leakage or find yourself racing to the bathroom.
- Stress incontinence: leakage that occurs when coughing, sneezing, laughing, jumping, etc.

**Pelvic organ prolapse:** can be due to childbirth, surgery, chronic constipation, or other causes.

- Symptoms of pelvic organ prolapse include painful to sit, bleeding, low back pain, urinary hesitancy, and incomplete emptying of urine.

**Postpartum back pain and diastasis rectus abdominis:** can be deficits in strength and altered posture from pregnancy and delivery.

- Symptoms include pain when lifting, bending and walking

You don't have to live with these symptoms. If you have questions, please call our office (you may ask to speak to a therapist) at **(315) 787-4570** or **(315) 531-2577**.

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