



Physical Therapy Connections, PC
Safe and Pain Free Physical Therapy
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Pelvic Dysfunction and Bladder Control at Physical Therapy Connections

Do's and Don'ts for the Pelvic Floor

Do's

- Hydrate! Drink half your body weight in ounces every day
- Relax when you empty the bladder or the bowel

Don'ts

- Don't go "just in case"(JIC); JIC peeing can lead to improper emptying
- Don't hover above the toilet (your cell phone has more bacteria than the toilet seat!)

Common Causes

- Inner lining of the bladder may become irritated by pH changes leading to urgency to urinate before the bladder is actually full
- Weakness or tightness of pelvic floor muscles, poor alignment (often associated with low back pain).

Who is Vulnerable

Men and women with back pain, injury, women after pregnancy or with age (as we get older it is more common but not the cause).

Recommended Treatment

- Physical Therapy
 - Restore alignment, increase strength, improve ability to relax, stretch, and have normal movement
 - Some feel a difference in just one visit, most get better in 6 visits and patient's love it!

To learn more about the anatomy of the pelvic floor, solutions to the most common dysfunctions, and tips to prevent other pelvic floor conditions Download our **VIDEO – ALL THINGS PELVIC**

This video will be available to you in our next email Newsletter.