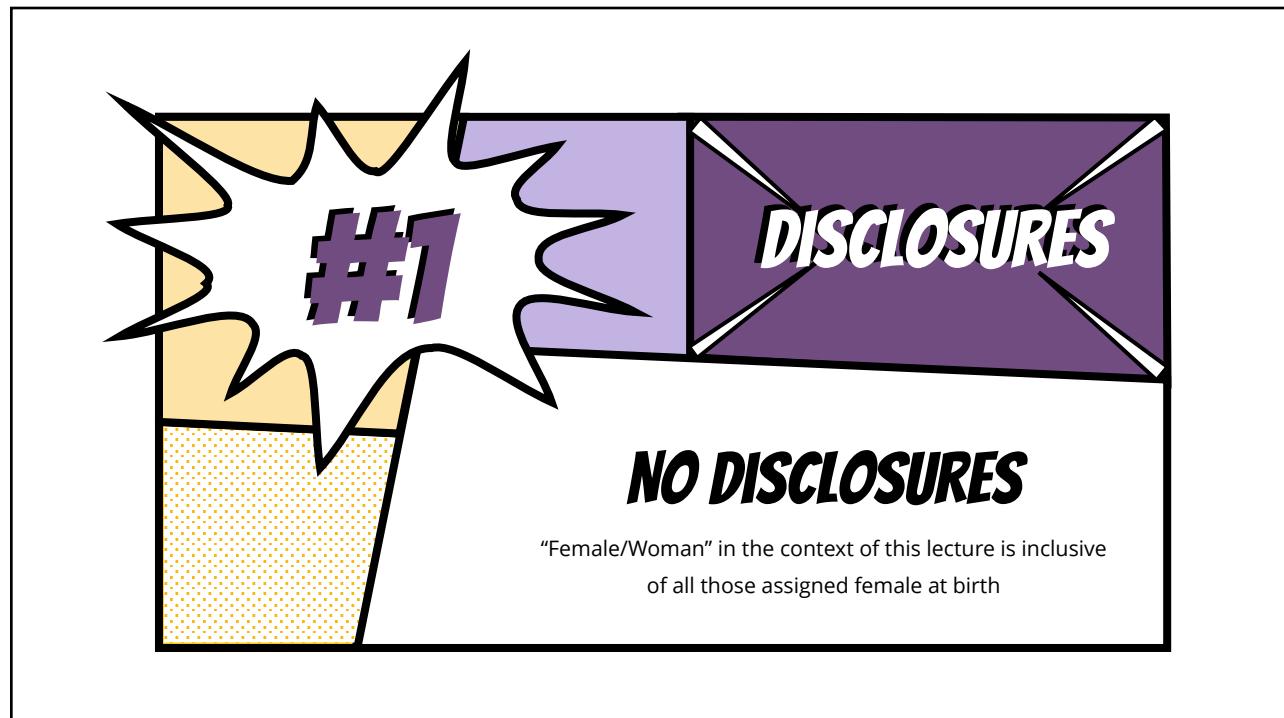
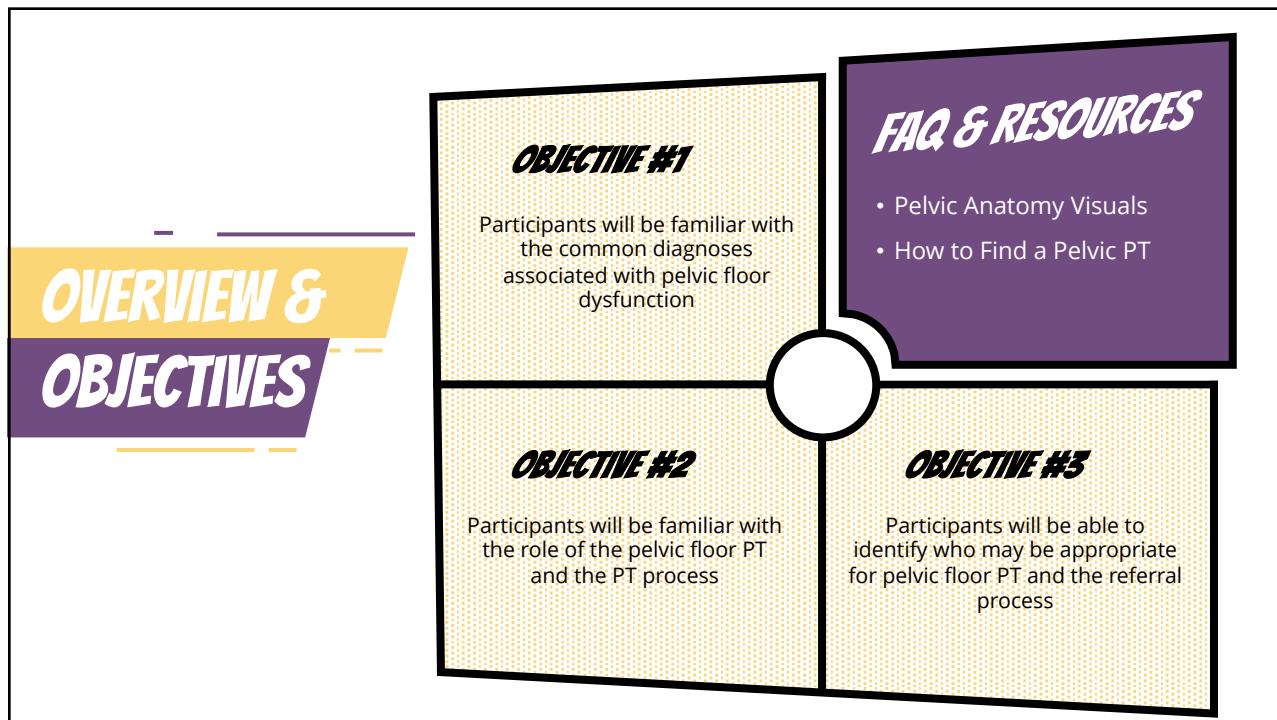


1



2



3

THE PROBLEMS

STATS

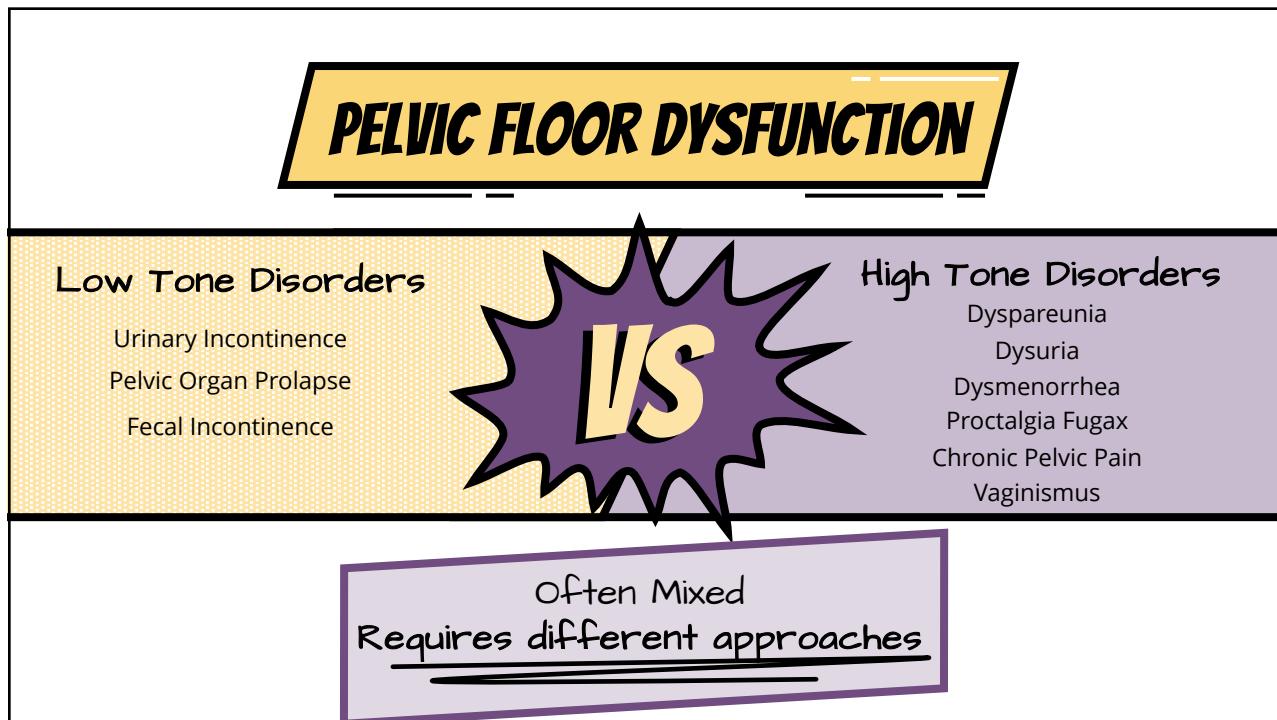
- At least 1 in 3 women will experience pelvic floor dysfunction
- > 50% will experience some form of urinary incontinence
- Various issues starting around puberty through menopause

BARRIERS

- Knowledge Gap
- Accessibility
- Insurance Coverage

We just thought this was normal....

4



5

IS IT REALLY PELVIC FLOOR DYSFUNCTION?

Diagnoses that warrant a pelvic floor exam

@PELVICHEALTH

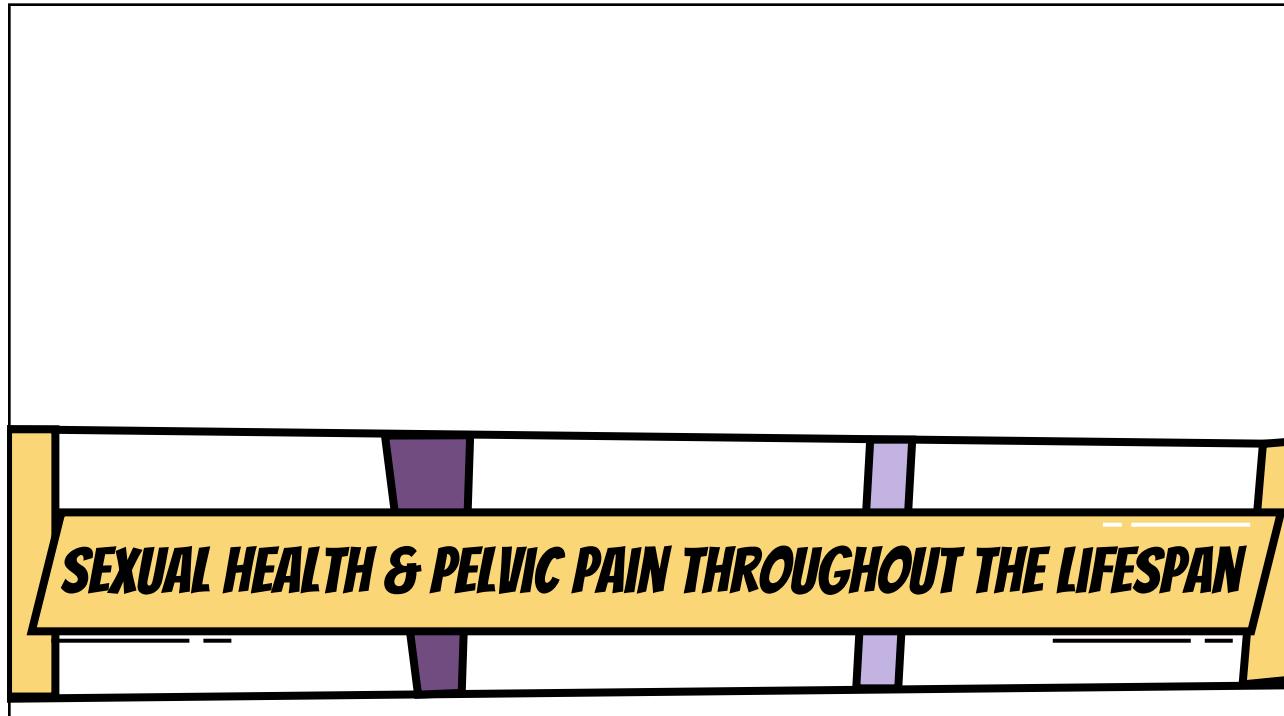
Majority have PFD!

Finding the Driver

Are the PFM the cause of...
or the result of....XYZ

When in doubt....send them out!

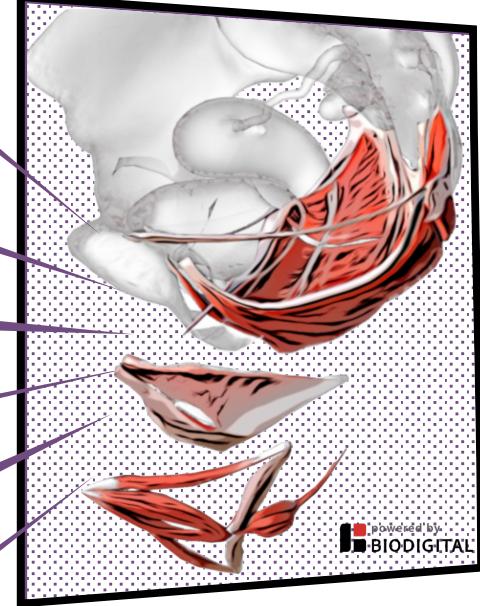
6



7

ADOLESCENTS & YOUNG ADULTS	PERIPARTUM	PERIMENOPAUSE & MENOPAUSE
<ul style="list-style-type: none"> <input type="checkbox"/> Incontinence <input type="checkbox"/> Dyspareunia <input type="checkbox"/> Endometriosis <input type="checkbox"/> Constipation <input type="checkbox"/> IC/PBS <input type="checkbox"/> Vaginismus 	<ul style="list-style-type: none"> <input type="checkbox"/> Dyspareunia <input type="checkbox"/> Incontinence <input type="checkbox"/> Pelvic Girdle Pain <input type="checkbox"/> Pelvic Organ Prolapse 	<ul style="list-style-type: none"> <input type="checkbox"/> GSM <input type="checkbox"/> Dyspareunia <input type="checkbox"/> Post-Radiation or cancer tx pain

8



WHAT IS THE PELVIC FLOOR?

The pelvic floor comprises muscles, ligaments, and fascia; this integration is essential for the stability and muscle tone of the pelvic girdle, continence, urination/defecation, and sexuality.

Goal of Pelvic Floor PT:

- Optimize the function of the pelvic floor muscles!
- Pelvic floor PT is an impairment-based model
- History + Physical Exam + Patient Goals = Plan of Care

9



**UROGENITAL TRIANGLE
AKA SUPERFICIAL LAYER**

Musculofascial Structures

- Ischiocavernosus
- Bulbocavernosus
- Superficial Transverse Perineal
- External Anal Sphincter

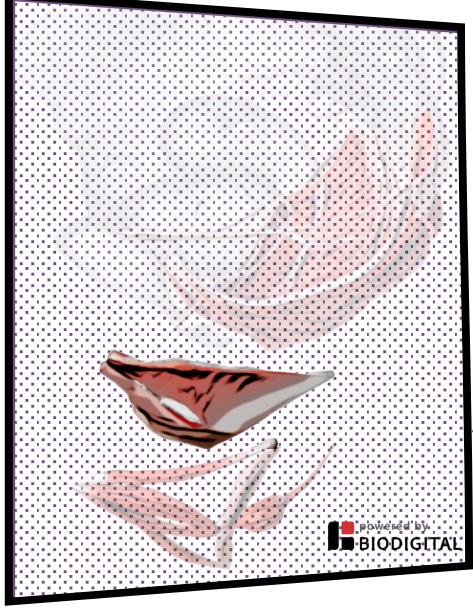
Functions

- Urinary function
- Bowel evacuation
- Sexual appreciation

Symptoms

- Urinary frequency/urgency
- Superficial dyspareunia
- Pubic symphysis pain
- Labial pain/discomfort
- Difficulty or pain with stool evacuation

10



**UROGENITAL DIAPHRAGM
(MIDDLE LAYER)**

Musculofascial Structures

- Urethral sphincter
- Sphincter urethral vaginalis
- Deep transverse perineal muscle
- Perineal membrane

Functions

- Separates superficial perineal pouch from deep perineal pouch
- Support passage of urethra and vagina & maintains their positions respectively during urination, birth, and defecation

Symptoms

- Hard to isolate
- Typically considered part of the superficial muscles

11



**PELVIC DIAPHRAGM
AKA DEEP LAYER**

Musculofascial Structures

- Levator Ani Muscles
- Coccygeus
- Arcus tendinous of levator ani
- Arcus tendinous fasciae pelvis

Functions

- Primary muscular support for pelvic organs
- Lumbopelvic/Hip/Core complex stabilization
- Bowel functioning

Symptoms

- Pelvic organ prolapse
- Tailbone pain
- Painful sitting
- Hip dysfunction
- Outlet constipation
- Urinary frequency/urgency
- Deep dyspareunia
- Orgasm dysfunction

12



13

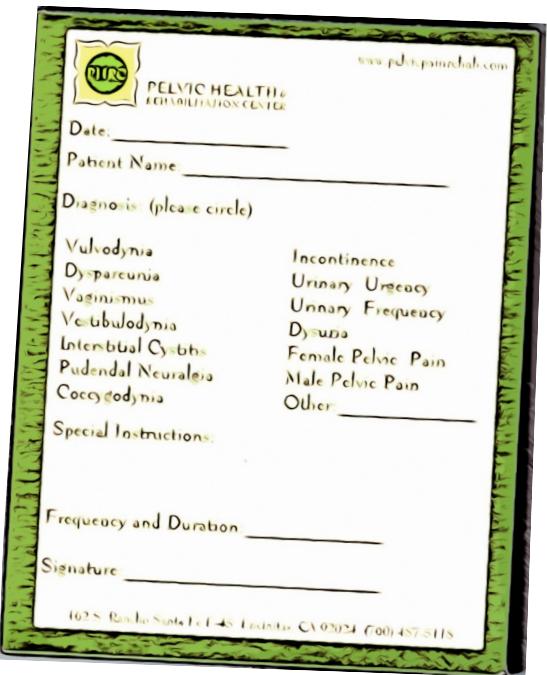


14

WHAT YOU CAN DO!

01 Dx codes:

- R10.2 Pelvic and perineal pain
- N41.1 Dyspareunia
- R39.8 Bladder pain (chronic)



www.pelvicpainhab.com

PHS PELVIC HEALTH REHABILITATION CENTER

Date: _____

Patient Name: _____

Diagnosis (please circle)

Vulvodynia	Incontinence
Dyspareunia	Urinary Urgency
Vaginismus	Urinary Frequency
Vestibulodynia	Dyssuria
Interstitial Cystitis	Female Pelvic Pain
Pudendal Neuralgia	Male Pelvic Pain
Coccygodynia	Other _____

Special Instructions: _____

Frequency and Duration: _____

Signature: _____

162 S. Riojo Santa Fe, L.A. 90294 (600) 487-5118

15

WHAT YOU CAN DO!

How to find a Pelvic Floor Physical Therapist



Online directories
Your gyn or urologist
Other physical therapists
Google search
@pelvichealth

02 Find your local PT

- Check the Resources Listed
- Meet & Greet

Pelvic Guru
Find A Provider



ISSWSH
Find A Provider



Pelvic Rehab
Find A Provider



16

WHAT YOU CAN DO!

04

- Language Matters!
- Common Barriers
 - Financial
 - Tools
 - Type/Training
 - Frequency



17

THANK YOU!

Contact Info:

jandra@pelvicpainrehab.com
www.pelvicpainrehab.com



@pelvichealth



@pelvicphysicaltherapy
pelvicpainrehab.com/blog

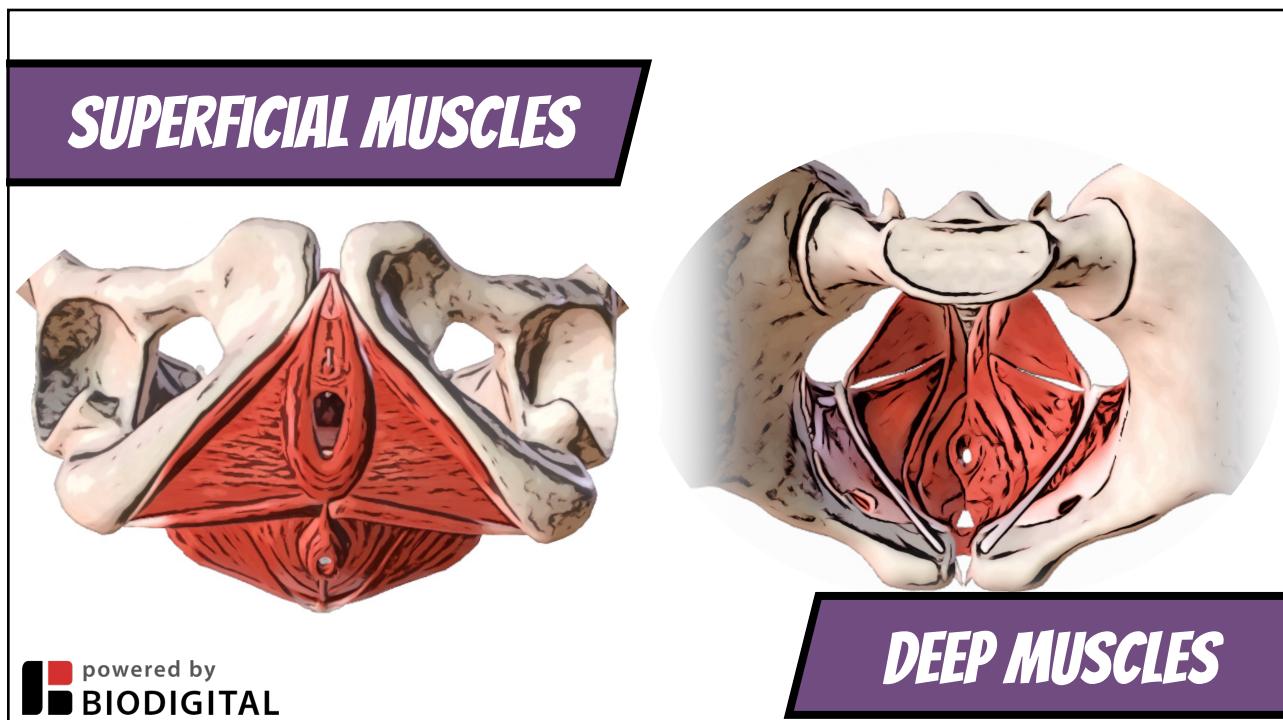


@pelvicpainrehab

18

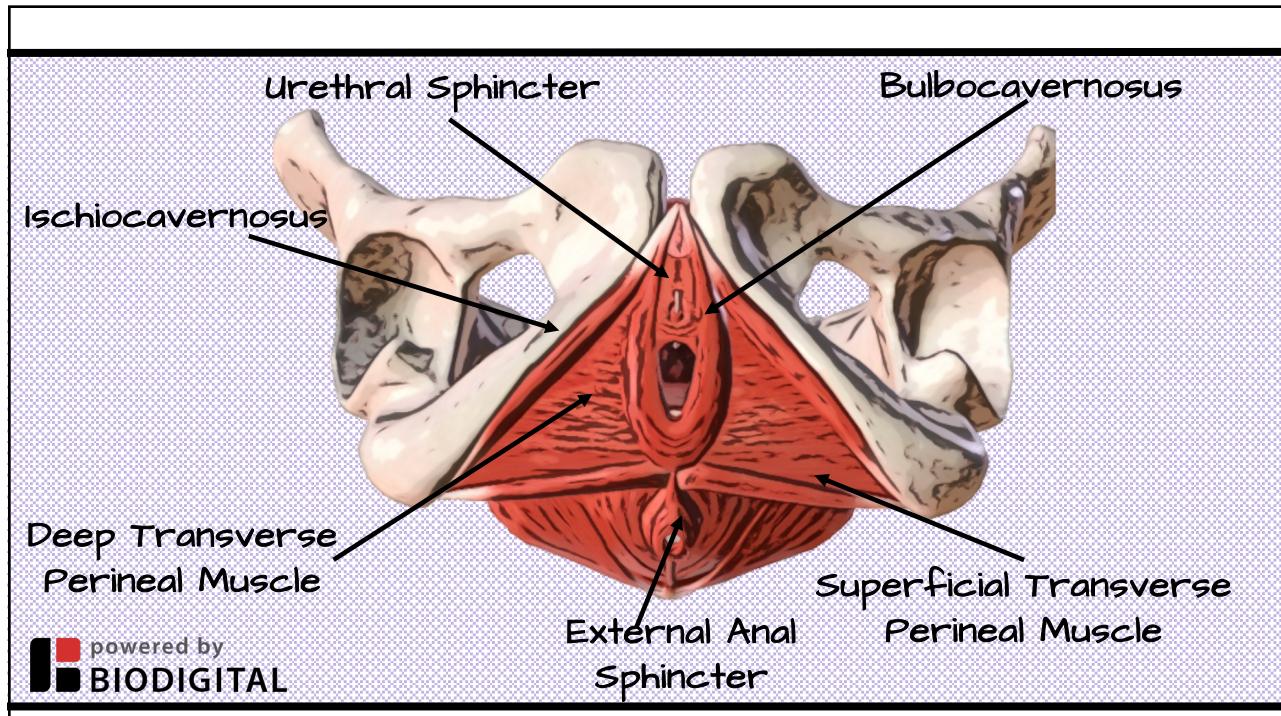


19

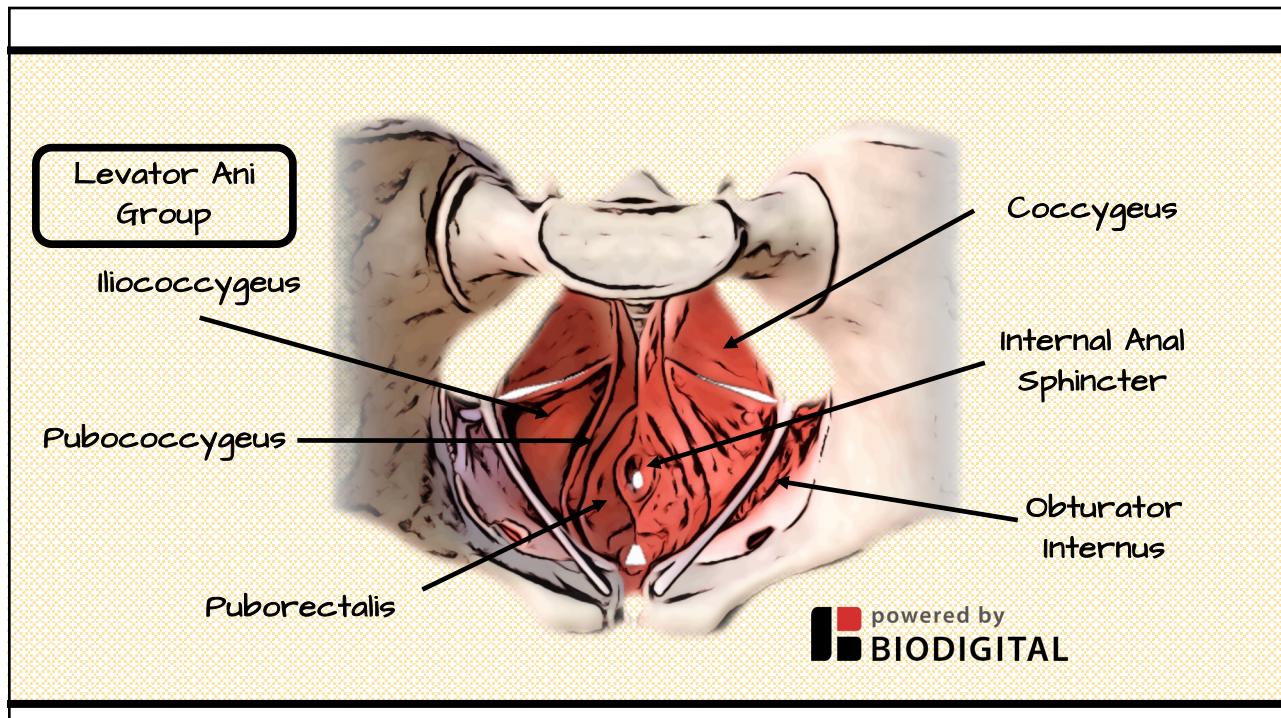


 powered by
BIODIGITAL

20



21



22