

HOW PHYSICAL
THERAPY HELPS
**PELVIC
HEALTH**

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HOW PHYSICAL THERAPY HELPS PELVIC HEALTH

Do you have persistent, nagging pain in your pelvic area, including your groin, buttocks and upper hamstring? Does it feel like no matter what you try, the pain won't go away? If so, you might be experiencing dysfunction of your pelvic floor muscles! Have you struggled with incontinence? For some, it can be challenging to talk about these types of struggles. At Elliott Physical Therapy, we are musculoskeletal experts and work with people experiencing difficulties in all body regions.

Our highly trained team uses the most advanced strategies to help alleviate the pain and restore normal function of the bowel and urinary systems. We also help people experiencing pain during sex and experiencing dysfunction in sexual performance.

Everyone has a pelvic floor, and learning how to resolve issues can significantly impact your overall well-being. At Elliott Physical Therapy, our team works with all types of problems affecting the pelvic region regardless of gender identity.

Request an appointment with one of our specialists so we can help you find relief!

What Is the Pelvic Floor?

The pelvic floor is a term used to describe the region located in the bottom aspect of the pelvis. The pelvic floor is a complex system that works with the structures and systems in the pelvic cavity and the body.

The pelvic floor is supported by several muscles that also provide several essential functions, including supporting the organs found in the pelvis, bladder and bowel control, and sexual function. Impairments in muscle function can lead to pain and dysfunction. Experiencing pain around your hips and pelvis could be referred from your pelvic floor muscles as well.

The ability to contract the pelvic floor correctly can be affected by several factors, including:

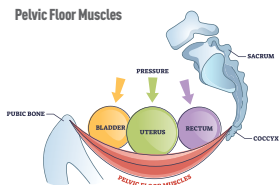
- Weakened bladder muscles resulting from pregnancy, childbirth, obesity, and aging
- Physical damage to your pelvic floor muscles from childbirth or surgery
- Damage to the nerves from health problems like diabetes and multiple sclerosis
- Enlarged prostate
- Types of cancer
- Certain medications
- Trauma (physical, psychological/emotional)

Strong pelvic floor muscles are essential with activities where an extra force is added to the abdomen and pelvic floor (i.e., coughing, laughing, sneezing, and lifting). When these muscles are weak or not

working as they should, pelvic floor dysfunction may occur. Fortunately, our physical therapists know how to identify the factors contributing to your problems and, more importantly, how to resolve them!

What Are the Most Common Issues People Face?

The pelvic floor muscles are needed for sexual function, urination, and defecation. Impairments are often ignored early on due to the difficulties of talking about this region of our body. We understand people's difficulties, but it is important to note that addressing an issue when it first starts will often lead to a quick resolution and the most complete recovery.



Women experience pelvic floor conditions, including painful menstrual periods, painful urination, and urinary incontinence. The impairments will even lead to pelvic organ prolapse and chronic pelvic pain for some.

Men often don't know about the pelvic floor until there is a problem. The most common issues include urinary dysfunction after prostate cancer treatments. Typically these symptoms range from some leaking to complete loss of bladder control or irritation/discomfort when urinating. Pelvic floor dysfunction for some may lead to erectile dysfunction.

It's important to note that sometimes symptoms of pelvic floor dysfunction can be mistaken for orthopedic injuries. Fortunately, our physical therapists are trained in pelvic rehab no matter your gender and can help you resolve any issue you may be experiencing.

How Physical Therapy Can Help

Our therapists at Elliott Physical Therapy tailor our programs to the individual using research-backed, comprehensive treatment programs. We will conduct a thorough history and physical examination to identify

all the possible factors contributing to your condition.

Evaluating the strength of the pelvic floor muscles includes assessing your ability to willfully contract your muscles and also identifying your ability to generate power and sustain a contraction. It is also essential to test your contraction speed and your ability to relax on command.

We will use this information to develop an individualized program focusing on helping you resolve your pain and restore your function. Our pelvic floor treatments include:

- Soft tissue mobilization and massage of internal and external pelvic musculature to relieve muscle tension and provide pain relief
- Pelvic floor muscle retraining to restore normal strength and endurance
- Neuro-retraining (i.e., incorporating pelvic floor muscle activation during simulated daily activities)
- Electrical stimulation modalities for pain relief and to restore normal neuromuscular activation of the pelvic floor muscles and nerves
- Bladder training (i.e., gradually holding urine for longer and longer periods)

Our team will educate you on home exercises and simple movements that you can build into your everyday activities. We believe that teaching you strategies to manage and improve your pelvic health is the key to lasting results.

Request An Appointment

At Elliott Physical Therapy, our physical therapists can help with incontinence, pelvic pain, and sexual dysfunction, whether your condition results from reconstruction surgery, abdominal surgery, prostate cancer treatments, pregnancy, or childbirth. No matter what it is, we most likely treat it. Contact our clinic today and request an appointment with one of our pelvic floor specialists!

Sources: <https://www.cochranejournal.com/doi/10.1002/14651958.CD005654.pub4/full>; https://journals.lww.com/co-obgyn/Abstract/2019/12000/Pelvic_floor_physical_therapy_in_the_treatment_of_19.aspx; <https://www.mdpi.com/2075-4426/11/12/1368/html>; <https://pubmed.ncbi.nlm.nih.gov/30137629/>; <https://pubmed.ncbi.nlm.nih.gov/24968564/>

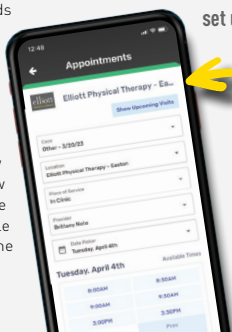
GET OUR NEW APP!

At Elliott PT, we go beyond traditional healthcare delivery to redefine the patient experience and be available when you need us most! We have designed exclusive software that is available at all times to assist you with your Home Exercise Program.

You can now access us via an app on your computer, tablet, and/or smartphone. Through our app, you can view upcoming appointments, request appointments, access videos that help aid in your recovery, and instant message your provider.

Once you are set up for an account, you will receive push notifications through your phone with reminders, messages, and more. Through the app, you also will earn achievements and awards for staying on top of your exercises and being a great patient!

And we are excited to announce the app now features Step Tracking! If you already have the app, you can access this new feature by downloading the new version of the app and if you are new to the app, you will be able to enable access the first time you log in.

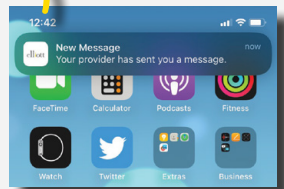


How Do I Access?

To begin, your Elliott PT physical therapist will get you set up with a Home Exercise Program. From there, you'll receive an email with a setup link. Click that link to set a password. Log in with your email and password to start accessing your exercises!

Connect with your PT today about getting set up on our new app!

Scan the QR code to download!



STAFF SPOTLIGHT



Nicole Morteo, PT, DPT, NCS

Nicole Morteo, PT, DPT, NCS earned her Doctor of Physical Therapy degree from the MGH Institute of Health Professions in Boston, and her Bachelor of Science in Business Administration from Merrimack College in North Andover, MA. She began her physical therapy career in the inpatient

acute hospital setting, treating patients with complex conditions related to the neurologic, orthopedic and cardiopulmonary systems.

Nicole achieved her board certification in Neurologic Physical Therapy in 2014. She has extensive experience in neurological conditions including strokes, Parkinson's Disease, and vestibular dysfunction. She has served as a mentor for the Neurologic Physical Therapy Residency Program at Massachusetts General Hospital, training physical therapists looking to achieve specialization through board certification in neurological physical therapy.

She also had a longtime interest in pelvic health which led her to the Herman and Wallace Pelvic Rehabilitation Institute, where she has continued her education in pelvic floor physical therapy. Nicole has experience in evaluation and treatment of pelvic pain and urinary symptoms as well as pregnancy/postpartum rehab.

Nicole takes a holistic approach to the care of her patients. She takes pride in practicing evidence based physical therapy and tailoring each treatment plan to her patient's individual needs, and finds building therapeutic relationships with her patients to be incredibly rewarding. Originally from the South Shore, Nicole enjoys spending her free time doing some local hiking, cooking, traveling, and spending as much time as possible with her husband and their two children.

COMING SOON TO NEEDHAM!

Elliott Physical Therapy-Needham

392 Chestnut Street
Needham, MA 02494



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- Walk for long distances
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