



SSMHealth.

Sports Medicine & Rehabilitation



Pelvic floor prolapse? Physical therapy can help.

Women's health physical therapy or pelvic floor physical therapy can be a little known secret. Most physicians may recommend pelvic floor physical therapy for your prolapse diagnosis. Patients often have many questions as to how physical therapy can help.

SSM Health's pelvic floor treatment is performed by a licensed, female physical therapist specially trained to work with the pelvic floor or kegel muscles. Your therapist will assist with providing exercises to improve the pelvic floor in order to provide support to the bladder, uterus, and rectum. The pelvic floor muscles are the main support system or sling to the pelvic organs. When a prolapse occurs, pressure or stress onto the pelvic floor muscles can cause problems with your bladder, bowel, or sexual function.

Many patients think, "I've been doing my kegels but it's not helping." Most people are doing them incorrectly! Your pelvic floor therapist will ensure you are doing the exercises correctly and will give you a series of different exercises to do with your pelvic floor muscles. It is not as simple as squeezing as hard as you can!

Because of the prolapse, it may be beneficial to discuss varying positions for proper toileting and intercourse. Your pelvic floor physical therapist can provide individualized treatment options in order to improve your bladder, bowel, and sexual function.

As always, this is a team approach with your physician. Throughout the course of treatment, the therapist will be sharing your progress with the physician. If you have specific questions for your therapist prior to your first physical therapy visit, feel free to call her directly.

If you'd like to learn more about how our women's health program can help, please contact SSM Health Sports Medicine and Rehabilitation at **573-761-9178**.

Available at the **Hartsfield YMCA**.

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