

There is life beyond the bathroom!

Pelvic Floor

Physical Therapy

Physical therapy for the pelvic floor is a specialty subset of therapy designed to assess and treat dysfunction specific to the pelvic region. Dysfunction within the pelvic floor may include bowel, bladder, sexual function, groin pain, hip pain, or low back pain. A trained physical therapist will assess for dysfunction in the low back, hips, pelvic and pelvic floor muscles and provide an individualized program to meet your needs.



Pelvic floor muscle dysfunction can result from physical stress, scar tissue, surgeries, pregnancy, labor, delivery and the natural course of aging. The muscles of your pelvis can become weak, spasmed or tight resulting in the following symptoms or impairments:

- Urinary leakage
- Urinary urgency
- Urinary frequency
- Pelvic or perineal pain
- Sense of heaviness in the pelvis
- Burning with urination
- Unresolved low back or hip pain
- Pelvic organ prolapse
- Fecal incontinence
- Difficulty controlling gas
- Pain with intercourse
- Constipation
- Pain during or after pregnancy

Physical Therapy Treatment For Pelvic Dysfunction May Include:

Education — Understanding the relationship between the contents of your pelvis, movement strategies, posture, diet/fluid intake and symptoms.

Manual Therapy — Hands-on treatment and feedback of muscle and soft tissue dysfunction.

Therapeutic Exercise — Addressing muscle weakness or muscle tightness or spasms with appropriate strengthening and or down-training/relaxation techniques.

Pain Modalities — Electrical stimulation or ultrasound may be beneficial at assisting pain management.

Biofeedback — Digital or mechanical feedback of pelvic floor muscle activity.



Pregnancy Related Complications

Whether you are having pain during or after pregnancy, difficulty returning to exercise, pain with intercourse, unresolved hip or low back pain, physical therapy may be appropriate. Pain specific to pregnancy and post partum period can be addressed with appropriate modification to exercise, breastfeeding, carry mechanics and labor or delivery positioning.

Physical Therapy Treatment During Pregnancy May Include:

- Customized exercise programs for promoting muscle activation, strengthening or stretching.
- Instruction for proper posture and body mechanics.
- Recommendations for pregnancy support braces.
- Manual therapies to improve tissue quality.

Our treatment plans are designed to include the necessary time, frequency, and intensity needed to achieve optimum results. We offer a variety of specialized treatment methods and state of the art equipment.

Health Quest Therapy, Inc. Alaska clinic locations

Eagle River

11432 Business Blvd, Suite 18, Eagle River, AK 99577
phone: (907) 622-6363 • fax: (907) 622-6366

*Wasilla

650 N. Shoreline Drive, Wasilla, AK 99654
phone: (907) 376-6363 • fax: (907) 376-6366

Services offered will vary by location.

**Treatment for Incontinence and Pelvic Floor disorders is available exclusively at the Wasilla Clinic.*

**FREE 15 Minute
Assessment**

**We Accept Most
Insurance Plans**

**Convenient Hours
and Locations**

**Serving Patients
of all Ages**



Health Quest Therapy, Inc.



**Pelvic Floor
Physical Therapy**