

Signs You May Benefit From Pelvic PT

- **Low Back, Abdominal, or Pelvic Pain**- The pelvis is the base of the spine, so if the pelvic floor muscles are tight, weak, or not functioning properly, this can cause extra stress or strain on the low back, pelvis, core, and hips.
- **Leaking**- This can present as either small leaks with things like sneezing, coughing, laughing, or lifting. This can also mean a complete loss of urine while on the way to the restroom. While this is very common, it is NOT normal. Sixty-five percent of women experience this post partum.
- **Urgency/Frequency**- If it feels like you need to pee ALL the time, you wake up in the middle of the night to pee, or pee more than 7 times per day, you are probably dealing with urgency, frequency, or both.
- **Fecal Incontinence**- This is like leaking, but from the bum. It may present as difficulty controlling gas, smearing on the underwear, fecal urgency, and even complete involuntary loss of stool.
- **Burning Sensation with Urination**- Sometimes misdiagnosed as UTI, this sign can possibly mean pelvic floor dysfunction. If you have received multiple rounds of antibiotics for a UTI and the symptoms still don't go way, you may have pelvic floor dysfunction.
- **Urine Stream that is Hesitant, Difficult to Start, or Choppy**- The body is designed to let urine out via relaxation, not pushing. If you feel like you have to push to pee or push to completely empty the bladder, pelvic PT can help.
- **Straining with Bowel Movements or Constipation**- While this problem has many factors including diet, the pelvic floor should not strain to poop. If you have included more fiber, veggies, magnesium, homeopathics, smooth move tea, or other natural ways to gently soften your stool, the bowel movement should pass easily with relaxation of the pelvic floor and be the consistency of a soft log with very minimal to wipe after.
- **Vaginal Bulging, Heaviness, or Feeling of "Falling Out"**- These are common symptoms of prolapse, or pelvic organs starting to push into the vaginal canal. This is common after pregnancy, but it is NOT normal. Too many women are told to wait until they are totally done having kids to do anything about this, but that is FALSE. The more completely a woman can restore her core, pelvic organs, and original strength before becoming pregnant again, the better, and the likelihood of needing surgery or other invasive interventions will significantly decrease.
- **Pain With Sex, Tampon Use, or Gynecological Exam**- When you are cleared by your birth provider to begin having sex again, it should not be painful even if you have had a baby. Neither should tampon use or gynecological exam. If it is, you may have pelvic floor dysfunction.
- **Inability to Kegel** - This is the name for a general pelvic floor muscle contraction. Women are often instructed to do kegels even though they haven't had a pelvic floor muscle exam. Kegels done incorrectly can make some women's symptoms worse. It is critical to restore the proper length-tension relationship of the pelvic floor muscles so that they can relax fully, contract maximally, AND do everything in between for the unique demands of daily activities.



DALLAS PELVIC HEALTH
Concierge Pelvic PT Practice

This document was created with love by Dr. Chelsea Harkins, pelvic floor physical therapist and owner of Dallas Pelvic Health, LLC. If you are experiencing any of these symptoms and would like to schedule or talk more about how PT can help you, please contact Dr. Chelsea at chelsea@dallaspelvichealthllc.com or 832-964-4738.