

DO THESE SYMPTOMS AFFECT YOUR QUALITY OF LIFE?

- Do you need to use the restroom frequently throughout the day?
- Do you experience pain or pressure in your pelvic regions, genitals or rectum?
- Is intercourse painful?
- Do you have a hard time reaching the restroom without leaking?
- Do you experience bowel leakage?
- Do you strain or have constipation during a bowel movement?

These are not issues you have to live with. Relief is possible and it starts with a visit to an Ogden Clinic Pelvic Floor Therapist.

ARE PELVIC FLOOR DISORDERS COMMON?

Yes! At least 1/3 of all women (and half of women over age 55) will experience a pelvic floor disorder. This condition affects not only older women; it can also occur in the younger female population and athletes.

Pelvic floor disorders can also occur in men. If you or someone you love struggle with pelvic pain or the symptoms listed above, call us at 801.475.3870.

MEET OUR TEAM



Naomi Harris, MPT
Physical Therapy



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We specialize in

Pelvic Floor Therapy



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WHAT IS PELVIC FLOOR DYSFUNCTION?

The group of muscles in the pelvic area make up the pelvic floor. Similar to a sling, our pelvic muscles support the bladder, uterus in women, prostate in men, and the rectum. Bowel and bladder movements are controlled when we contract and relax the pelvic muscles.

When the muscles, ligaments and connective tissue that support pelvic organs don't work as they should, this can lead to symptoms like:

- Frequent urination or an urgent need to go to the bathroom
- Urinary leakage
- Constipation
- Bowel incontinence
- Pain during intercourse
- Pelvic pain or pressure
- Tailbone, lower back, or hip pain



HOW CAN A PHYSICAL THERAPIST HELP?

Pelvic floor disorders are common but you don't have to live with the symptoms. Naomi Harris is a physical therapist specialty trained in pelvic floor disorders. She and her team help patients identify and strengthen their pelvic floor with a customized treatment plan.

Pelvic floor therapy is a non-surgical solution that may include:

- Exercises to identify and strengthen the pelvic floor
- Core strengthening exercises
- Biofeedback techniques to improve muscle contraction and relaxation
- Electrical stimulation to improve awareness and strengthen muscles
- Soft tissue mobilization and myofascial release to address muscle imbalance
- Joint mobilization
- Relaxation techniques
- Self-care education including diet and lifestyle changes that can help improve symptoms.

DO I NEED A REFERRAL?

While your insurance may allow you to attend rehabilitation without a prescription or referral, it is recommended that you have a provider managing your overall health care.

WHAT CAN I EXPECT?

During your first visit, you'll have the opportunity to share your history and concerns. We'll discuss the exam so you can have any questions answered right away.

Your exam may include general movement like bending forward and backward and specific tests of your joints, muscles, and nerves. If pelvic rehabilitation is necessary, an assessment of your pelvic muscles internally (through the rectum or vaginal canal) may be valuable. You will have the option to choose or refuse any part of the examination or treatment with which you don't feel comfortable.

WHAT IS THE GOAL OF THERAPY?

With diligent self-care and guidance from our experts, we can help you:

- Gain control of your bladder
- Decrease pain and increase activity tolerance
- Reduce medication use for incontinence and pain
- May prevent the need for surgery

We can also assist you in finding a trusted referral if your condition does not improve with physical therapy.