

WHAT IS PELVIC FLOOR DYSFUNCTION?

Simply put, pelvic floor dysfunction is:

Weak Pelvic Floor Muscles

OR

Tight Pelvic Floor Muscles

Weak Pelvic Floor Muscles Can Cause:

Stress Urinary Incontinence

Involuntary leakage of urine when you cough, sneeze, laugh, jump

Urge Urinary Incontinence

Involuntary leakage of urine following the sudden urge to urinate

Mixed Urinary Incontinence

Combination of stress and urge incontinence symptoms

Pelvic Organ Prolapse

Loss of muscular/ligamentous support leading to distension of either the uterus, urethra, bladder, or rectum through the vaginal wall

Tight Pelvic Floor Muscles Contribute To:

Urine and Fecal Urgency

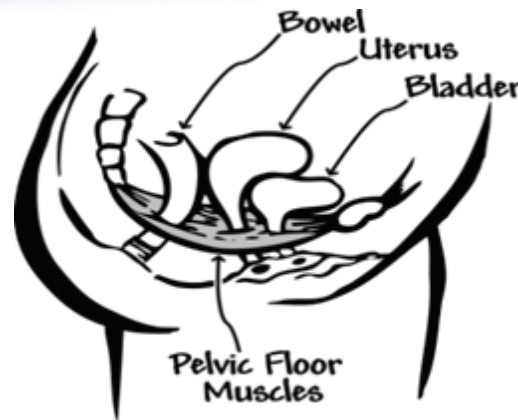
Urge Urinary Incontinence

Chronic Pelvic Pain

Dyspareunia (Painful Sex)

Medical Conditions Such As:

vaginismus, vulvodynia, vestibulodynia, pudendal neuralgia, endometriosis, interstitial cystitis, and chronic prostatitis



What are your pelvic floor muscles?

Pelvic floor muscles are attached to the front, back, and sides of your pelvis, sacrum, and tailbone. They form a sling which holds your pelvic organs (uterus, bladder and bowels).

What do they do?

Provide physical support to properly position your bowels, uterus, and bladder, optimizing their functions

Enable penetration, arousal, and ejaculation as part of healthy sexual function

Allow for appropriate and voluntary timing of urination and defecation

Contribute to the overall stability of your spine

Contribute to the healthy circulation of blood throughout the body

THE IMPACT OF PELVIC FLOOR DYSFUNCTION

In Canada:

1 in 4 women and 1 in 9 men will develop urinary incontinence in their lifetime.

Only 1 in 12 of these individuals will report this to their family doctor.

50% of nursing home admissions are due to issues of urinary incontinence.

Pelvic floor dysfunction can significantly affect an individual's well-being in the areas of:

Social withdrawal

Depression and anxiety

Poor self-image

Decreased physical activity

Impaired sexual relationships

Health-related issues such as urinary tract infections, yeast infections, pressure ulcers, skin conditions

Overall decreased quality of life