



PELVIC HEALTH OCCUPATIONAL THERAPY

1 IN 4 WOMEN AND 1 IN 5 MEN SUFFER FROM PELVIC FLOOR DYSFUNCTION



The Occupational Therapy department at Fillmore County Hospital will perform a head-to-toe assessment and create an individualized treatment plan for each client. The individual will also be provided with a comprehensive home exercise program to equip them with the tools they need to regain optimal function and quality of life.

Common diagnosis seen:

- Pelvic Pain Conditions
- Urinary Symptoms
- Gut & Bowel Health
- Orthopedic Pelvic Pain
- Sexual Dysfunction
- Pregnancy and Post-Partum Care
- Core or Pelvic Issues
- Male Pelvic Health

Interventions focus on:

- Postural Training
- Strengthening/relaxing affected muscles
- Functional task analysis
- Compensation/adaptation of tasks
- Behavioral modifications and bladder retaining
- Coping strategies
- Soft tissue and visceral mobilizations
- Patient education to empower client participation in care
- Intraabdominal pressure management
- Biopsychosocial approach for holistic treatment of patients

Q: *What is pelvic floor dysfunction?*

A: Pelvic floor dysfunction is a broad term for disorders relating to the lumbopelvic region. This includes symptoms like sexual dysfunction, elimination problems, incontinence, pelvic pain, and pelvic organ prolapse.

Q: *Why is pelvic health important?*

A: Many people suffer from the effects of these symptoms but, due to the intimate nature of these problems, many do not get the help they need. This can result in depression, loss of self-esteem, and create difficulties with beginning and maintaining healthy relationships. This leads to a decrease in quality of life for these individuals.

Q: *Who would benefit from this Therapy?*

A: Anyone that is experiencing problems in their pelvic region that is interfering with their daily activities and quality of life.

Q: *What makes FCH Occupational Therapy pelvic health therapy unique?*

A: The Occupational Therapy department at Fillmore County Hospital takes a holistic approach when treating our patients. This includes addressing the physical structures of the pelvis, the psychological impacts on the client, and the social/environmental factors which can help us achieve greater results. Our goal is to restore balance to the pelvic and assist the client in returning to living pain and symptom free.

**FOR QUESTIONS OR APPOINTMENTS,
CALL (402) 759-3198**