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facts about female pelvic health



1



Early intervention and management of pelvic organ prolapse (POP) can improve quality of life

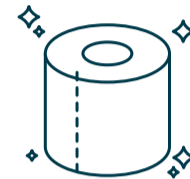


Physios can help in the management of POP by:

- educating lifestyle modifications to reduce symptoms
- teaching individualised pelvic floor muscle training
- fitting vaginal pessaries to support the prolapse
- providing prolapse-friendly exercises and activities
- discussing medical options such as local oestrogen or surgical outcome rates.



2



First-line interventions can enhance management of urinary incontinence (UI) symptoms



Interventions in UI management can include:

- a thorough assessment to determine the cause of UI
- individualised pelvic floor muscle training
- continence pessaries
- bladder retraining
- education and lifestyle advice.



3



A targeted approach is essential in the management of faecal incontinence (FI)

Management of FI can involve:

- education regarding stool type modification
- retraining the pelvic floor muscles
- coordination of muscles to relax during defecation
- correct toileting postures and assessment of possible prolapse
- referrals to specialist health professionals.



4

Identifying biopsychosocial factors can improve management of pelvic pain



Pelvic floor muscle dysfunction can be addressed by:

- improving motor control with pelvic floor relaxation and biofeedback training
- manual therapy to improve range of motion and distensibility
- pain education
- paced and gradual return to exercise
- improved bladder and bowel functioning.



5

Physios play a vital role in after birth and surgery recovery



Pelvic floor recovery can be enhanced through:

- pelvic floor muscle training in postpartum women
- screening tools and up-to-date advice and education
- pelvic floor physiotherapy before and after gynaecological surgery.



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