

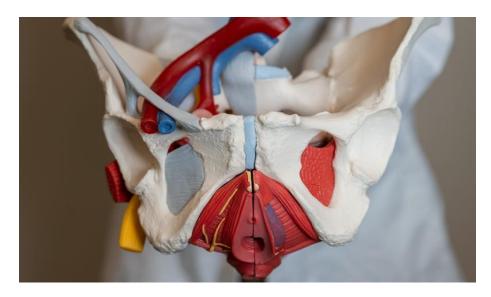
Pelvic Floor Therapy

Leaking urine or feces is never normal

What are Pelvic Floor Muscles?

Your pelvic floor muscles form the bottom of your pelvis and support your pelvic organs (bladder, bowel, and uterus in women). Your pelvic floor muscles are the muscles you would use to stop your stream of urine or keep yourself from passing gas or having a bowel movement. Pelvic floor muscles are also important for sexual function in both men and women.

When you have issues in your pelvic floor muscles, it can cause pain and problems with your bowels, bladder, and sexual health.



Pelvic Floor Muscles and Cancer Treatment

Many cancer treatments can cause issues in the function of your pelvic floor muscles. Chemotherapy, radiation, hormone therapy, prostate/gynecological/colorectal/bladder surgeries often result in issues with your bowel, bladder and sexual function.

For example:

- 30-50% of patients after GYN cancer treatment have pelvic floor dysfunction
- 70-77% breast cancer survivors experience sexual dysfunction
- less than 33% of patients with fecal incontinence (leaking of bowels) report this to their doctor or nurse

What is Pelvic Floor Therapy?

Pelvic floor therapy is a private one-on-one physical therapy session that focuses on rehabilitating the muscles in your pelvis. This therapy will help you lengthen any tight/painful muscles, strengthen weak muscles, learn how to activate your pelvic floor on your own to regain control over of your bowel and bladder in your daily life.

Treatment approaches may include:

- behavior strategies
- manual therapies
- exercises
- education

Roswell Park's Pelvic Floor Therapy Program offers men and women a private place to focus on this important aspect of your health. Here you can openly and honestly ask questions without embarrassment.

Common conditions that we can treat in the Pelvic Floor Therapy Program include:

- urinary incontinence (leaking of urine)
- urine frequency and urgency
- overactive bladder
- pelvic organ prolapse (descending or drooping of organs in your pelvis)
- fecal incontinence (leaking of your bowels)
- fecal urgency (urgent need to have a bowel movement)
- pain with intercourse
- pain with bowel movements or urination
- pelvic/genital pain
- constipation
- diarrhea or loose stools
- erectile dysfunction

If you are interested in making an appointment, ask your Roswell Park physician for a referral. You can also call the rehabilitation department at 716-845-3271.

The clinic is located on the ground floor of the main hospital.