

# Pelvis Floor Physiotherapy in Red Deer

## Collegiate Sports Medicine

<https://collegiatesportsmedicine.ca/pelvic-health-physiotherapy>

Symptoms that would benefit from tx:

- Stress or Urge Incontinence (urine leakage with coughing, laughing, sneezing) (unable to hold urine with strong urges)
- Overactive bladder
- Dyspareunia (pain during intercourse)
- Joint and Coccyx pain/dysfunction
- Constipation/bowel dysfunction
- Pelvic Organ Prolapse
- Diastasis Recti (abdominal separation)
- Post-surgical issues (abdominal, bladder, prostate, hysterectomy and more)
- Stress or Urge Incontinence (urine leakage with coughing, laughing,
- Pubic Symphysis Dysfunction
- Pelvic pain (including lower back, groin, pelvic girdle, abdominal and buttock)

## Elle Pelvic Health

<https://www.ellepelvichealth.com/physio-services>

Symptoms that would benefit from tx and approach to tx.

- Assessment and treatment for urinary incontinence
- , overactive bladder, pelvic organ prolapse, and pelvic pain conditions such as interstitial cystitis, dyspareunia, endometriosis, coccydynia, and SI dysfunction.
- Specialized care for female athletes. Treatment consists of addressing tissue- and nervous system-based drivers of your symptoms.
- We use a comprehensive approach of education, postural and alignment retraining, myofascial and soft tissue manual therapy, nervous system retraining, specific strengthening and stretching programs, behavioral and biomechanical strategies, and acupuncture.

## Stride Physiotherapy

<https://www.stridephysiotherapy.ca/services/pelvic-health-physiotherapy/>

Examples of symptoms that would benefit from tx:

- pelvic pain (may be presented as lower back, buttock, or abdominal pain)
- Stress incontinence (leakage of urine when coughing, sneezing, or laughing)
- Overactive bladder (feeling of urgency related to urination, may also include leakage)
- Pelvic organ prolapse
- Pelvic pain or pain with sexual activity
- Pubic symphysis dysfunction
- Diastasis rectus (separation of the abdominals perinatal or post-natal)
- Endometriosis (abnormal tissue growth outside the uterus)
- Post-surgical patients, including after a hysterectomy or bladder repair
- SI joint or coccyx dysfunction

## **Pursuit Physio**

<https://www.pursuitphysio.com/services/pelvic-health/>

Examples of symptoms that may benefit from tx:

- Incontinence (bladder or fecal; stress, urge, mixed incontinence)
- Prenatal/postpartum pain or difficulty returning to function, including rectus diastasis
- Pelvic floor pain and dysfunction (which can present as buttock pain, lower abdominal pain, or pain with sexual intercourse, etc.)
- Pelvic organ prolapse: heaviness or bulging at the vagina
- Interstitial Cystitis
- Recovery after pelvic or abdominal surgery
- Difficulties arising from breast cancer, osteoporosis

## **Red Deer Regional Hospital**

<https://www.albertahealthservices.ca/findhealth/Service.aspx?serviceAtFacilityID=1129810>

\*\*\*referrals accepted from Physicians, Physical Therapists, or clients tele-triaged by the Rehab Advice Line

Publicly funded single-discipline physiotherapy services for female adult clients with mild to moderate urinary incontinence, fecal / bowel incontinence, pelvic organ prolapse, or pelvic pain issues.

Clients will receive a thorough internal and external evaluation by a pelvic health physiotherapist to determine the cause of their symptoms:

- be provided with individualized treatment programs to manage their condition
- be provided with education regarding the anatomy, physiology, and pathophysiology of pelvic health conditions
- be advised on self-management strategies to improve or control symptoms and prevent recurrence

## **Pelvic Floor Solutions**

<https://pelvichealthsolutions.ca/knowledge-base/for-the-patient>

This resource provides patients with a comprehensive guide where they can access up-to-date information on pelvic health. By educating patients on pelvic health dysfunction and physiotherapy, we hope to guide individuals to find gentle, safe, and practical solutions for pelvic health issues.