

Pelvis Floor Physiotherapy in Red Deer

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

Symptoms that would benefit from treatment:

- 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 treatment and approach to treatment:

- Assessment and treatment for urinary incontinence
- Overactive bladder, pelvic organ prolapses, 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 to 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/>

Symptoms that would benefit from treatment:

- 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 organs 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/>

Symptoms that may benefit from treatment:

- 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 be present as buttock pain, lower abdominal pain, or pain with sexual intercourse, etc.)
- Pelvic organs 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 Centre:

<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 prolapses, 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