



Do I Need Pelvic Floor Physical Therapy?™

See which symptoms may benefit from an individualized pelvic-floor assessment.



Pelvic-floor physical therapy is not only for leakage or after childbirth. It can address strength, tension, coordination, pain, bladder, bowel and pelvic-support concerns.

Would an Assessment Be Worth Discussing?

YES

Do pelvic-floor symptoms affect comfort, movement, bathroom habits, sexual activity or daily life?

UNSURE



YES →

A pelvic-floor assessment may be useful.

UNSURE →

Track the pattern and discuss it with a healthcare professional.



1



Bladder Symptoms

- Leakage with effort or urgency
- Going often or rushing to the bathroom
- Difficulty starting or fully emptying

2



Bowel Symptoms

- Constipation or repeated straining
- Difficulty emptying
- Accidental loss of gas or stool

3



Pain or Tightness

- Pelvic, vulvar, vaginal or tailbone pain
- Pain with penetration or an exam
- Symptoms that worsen with Kegels

4



Pressure or Prolapse Clues

- Heaviness, dragging or vaginal pressure
- A bulge sensation
- Symptoms worse after standing or lifting

5



Movement & Coordination

- Breath-holding or bearing down with effort
- Leakage or pressure during exercise
- Difficulty sensing contraction and release

6



Recovery & Life Changes

- Pregnancy or postpartum recovery
- Pelvic or abdominal surgery
- Menopause-related tissue or comfort changes

What Can Therapy Include?



Education

Understanding bladder, bowel, breath and pelvic-floor patterns.



Movement Assessment

Reviewing posture, hips, core, breathing and daily activities.



Individualized Exercises

Strengthening, relaxation or coordination based on findings.



Hands-On Care

External or internal assessment or treatment only with your informed consent.

What to Know Before the Visit



You may ask questions before any examination.



You can decline or pause any part of the visit.



Internal examination is not required at every visit.



Bring symptom notes and your main goals.



More Kegels are not automatically the answer. Therapy should be based on what your muscles and symptoms actually need.



Gentle Reminder

Pelvic-floor therapy does not replace medical evaluation when symptoms suggest infection, bleeding, a new mass or another health concern.



Martine's Midlife Wellness Tip

Choose one everyday goal, such as walking without leakage or sitting without pain. A meaningful goal helps guide the assessment.



Seek prompt medical care for new loss of bladder or bowel control with leg weakness, saddle-area numbness, severe back pain, blood in urine or difficulty passing urine.