

Taking Your Life Back From Pelvic Floor Dysfunction

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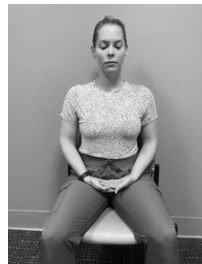
Tips For Bladder Health

- Sit on the toilet fully without pushing out your pee to urinate faster.
- Sip on adequate water through the day and limit non water drinks to 2 per day.
- Avoid urinating “just in case” or before you leave the house.
- If protection is needed from leakage, utilize incontinence pad, not a menstrual pad.
- Do not practice Kegels while urinating or defecating.
- Make sure you breathe as you lift to avoid straining and pressure on your bladder.
- Get urine culture with your healthcare professional prior to treating UTI symptoms with antibiotics.
- With a severe urge to urinate think 3 S's to prevent leaks: **STOP, STAY CALM, SQUEEZE**
- STOP what you are doing and stay still.
- STAY CALM, by breathing deeply.
- SQUEEZE your thighs, buttocks, or Kegel muscles quickly 10x. Once the urgency decreases, resume what you are doing, or go to the bathroom if it has been >2 hours.
- Clenching and being tense all the time can lead to other pelvic health dysfunctions.
- “Knack” Prior to a cough or sneeze: Tighten belly button to spine and “aim high”.
- Manage constipation and avoid straining.
- Utilize a fiber supplement if needed in diet, and drink adequate water.
- Toileting posture with feet resting on object to place knees above hips.
- Kiwi fruit, and dried fruits (dates/apricots/prunes) are shown to help constipation.
- Gently massage your stomach in clockwise circles from right to left for 2 minutes daily.
- See an appropriate healthcare professional with symptoms of Pelvic Dysfunction.

Exercises for Pelvic Health: perform 10x each with a 5 second hold



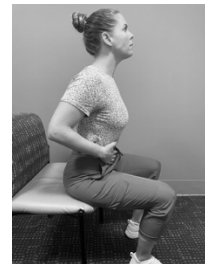
Knee Squeeze.



Buttocks squeeze.



Exhale> Pull Belly button to spine>Stand



Kegel: Breathe in, relax pelvic area muscles. Breathe out, tighten and elevate vaginal and rectal muscles towards the head, nothing else should move!

Pelvic Floor Stretches for Relaxation- Hold for 1 minute each side while performing belly breathing



Helpful websites for more information on Pelvic Floor Dysfunction:

<https://www.voicesforpfd.org/resources/fact-sheets-and-downloads/>

<https://www.yourpelvicfloor.org/leaflets/>

Cozean Pelvic Dysfunction Screening Protocol

Instructions: Check all that apply

I sometimes have pelvic pain (in genitals, perineum, pubic, or bladder area, or pain with urination) that exceeds a '3' on a 1-10 pain scale with 10 being the worst pain imaginable.

I can remember falling onto my tailbone, lower back or buttocks (even in childhood).

I sometimes experience one or more of the following urinary symptoms:

- Accidental loss of urine
- Feeling unable to completely empty my bladder
- Having to void within a few minutes of a previous void
- Pain or burning with urination
- Difficulty starting or frequent stopping/starting of urine stream

I often or occasionally have to get up to urinate two or more times a night.

I sometimes have a feeling of increased pelvic pressure or the sensation of my pelvic organs slipping down or falling out.

I have history or pain in my low back, hip, groin, or tailbone or have sciatica.

I sometimes experience one or more of the following bowel symptoms:

- Loss of bowel control
- Feeling unable to completely empty my bowel movements
- Straining or pain with a bowel movement
- Difficulty initiating a bowel movement

I sometimes experience pain or discomfort with sexual activity or intercourse.

Sexual activity increases one or more of my other symptoms.

Prolonged sitting increases my symptoms.

If you checked 3 or more boxes, Pelvic Floor Dysfunction is likely

Pelvic Dysfunction Screening Protocol form by Nicole Cozean, PT, DPT, WCS, CSCS* and Jesse Cozean, MBA