

Virtual Pelvic Health Physiotherapy

What is Pelvic Health Physiotherapy?



Pelvic Health Physiotherapy involves the assessment and treatment of the abdomen, pelvis, and pelvic floor muscles to treat conditions that affect bladder, bowel, and sexual function. When there is a dysfunction in the pelvic floor it can cause pain and incontinence. Pelvic health physiotherapists can identify these dysfunctions and alleviate symptoms through hands on therapy, exercises, and education.

Pelvic Health Physio's Treat

- Urinary/Fecal Incontinence
- Overactive Bladder
- Painful Intercourse (Dyspareunia, Vaginismus, Vulvodynia)
- Pelvic girdle pain
- Pelvic organ prolapses
- Pregnancy

- Post-Partum
- Diastasis Recti

- Tail bone pain (Coccydynia)
- Low back, SI joint, hip pain
- Endometriosis
- Interstitial Cystitis
- Constipation



What To Expect From Virtual Pelvic Floor Physiotherapy

- 60 min assessment (\$90),
- 30 min follow ups (\$65)
- In-depth discussion and assessment of your issue
- An individualized treatment plan including exercises and education
- Education on progressing and modifying exercises
- Self-management strategies
- No direct billing as per insurance policies



Screening Questionnaire

Bladder

1. Do you feel the urge to urinate every 30 minutes- 1 hour?
2. Do you urinate more than 8 times per day?
3. Do you suddenly feel a strong urge to urinate, and/or can't hold in your urine?
4. Do you leak when you cough, sneeze, or laugh?

5. Do you leak when doing physical activity ex. Squatting, jumping, running, lifting weights?
6. Do you experience vaginal pressure/heaviness/bulging sensation?
7. Do you wake up more than once per night to urinate?
8. Do you have the feeling of incomplete bladder emptying?

Pelvic Pain

1. Do you experience painful intercourse?
2. Do you have pain inserting a tampon or sex toys?
3. Do you have pain when your doctor inserts a speculum?
4. Do you experience pain and/or tenderness in the lower abdomen or bladder?
5. Do you experience severe cramping and/or bloating during your period?

FOR MORE INFORMATION:

PHONE: 905-383-3096

EMAIL: info@upperjamesphysio.com

Pregnancy & Post-Partum

1. Do you experience pelvic, abdomen, low back, or tail bone pain?
2. Do you experience pain with sitting, standing, walking, stairs or any other movements?
3. Do you experience pressure/tightness in your abdomen?
4. Do you experience feelings of abdominal separation?
4. Do you experience vaginal pressure/heaviness/dragging sensation?
5. Do you experience painful intercourse?
6. Do you experience pain while breastfeeding?

Bowel

1. Do you have less than one bowel movement every 3 days?
2. Do you have pain during or after a bowel movement?
3. Do you have to strain to have a bowel movement?
4. Is your stool lumpy/hard with cracks on it?
5. Do you get an overwhelming urge to empty bowels, and/or can't hold in your stool?
6. Do you have the feeling of incomplete bowl emptying?