

Physiotherapy and Pelvic Floor Dysfunction

Central Melbourne Gastroenterology

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It's not just about the bowel

At Central Melbourne Gastroenterology our physiotherapists commonly assess and manage a variety of pelvic floor issues including:

- Prolapse (vaginal and rectal)
- Urinary incontinence (stress incontinence, urge incontinence)
- Urgency (of the bladder and/or bowel)
- Pain in and around the pelvis and lower abdomen
- Pain with sexual intercourse
- Pelvic girdle pain (musculoskeletal)
- Recurrent urinary tract infections
- Constipation
- Difficulty with emptying the bowel
- Faecal urgency and incontinence
- Irritable bowel syndrome
- Inflammatory bowel disease

The pelvic muscles help us maintain continence (ability to hold on to urine, wind and stool), empty our bladder and bowel, and have a role in our sexual function. They also assist in posture and support the spine and pelvis in our daily activities. When the muscles in the pelvic floor don't work correctly, issues can arise.

The abdominal muscles, hip and leg muscles and back muscles relate to this area and work with the pelvic floor. Physiotherapy can assist people in improving the way their muscles work (strengthen, relax, be more coordinated, or all of these!).

When you see a physiotherapist at Central Melbourne Gastroenterology they will assess your condition and how it affects your daily life. They are specially trained in pelvic floor physiotherapy and have a deeper understanding of the pelvic floor muscles, bladder, bowel and pelvic organs.

The assessment will always involve talking/discussion and sometimes includes an examination of your pelvic floor.

All treatment and advice provided is designed to help you achieve YOUR goals and reduce your symptoms and bother.

Central Melbourne Gastroenterology is unique; our physiotherapists work alongside medical specialists in an integrated way to provide best care. Our physiotherapists work together with our gastroenterologists, our gut-focused psychiatrist, our gut-focused psychologist and hypnotherapist, and our accredited practising dietitian.