

# Pelvic Floor Therapy

## What Is It?

The pelvic floor consists of a group of muscles that support and help control the function of the vagina, bladder, and rectum. Dysfunction of the pelvic floor muscles can lead to urinary disorders, difficulties with bowel function, vaginal prolapse, pelvic pain, and other concerns. Pelvic floor therapy includes a variety of techniques used to treat these problems.

## Pelvic Floor Therapy Techniques:

- **Behavioral Modification** – education on diet, fluid intake and other lifestyle changes to enhance pelvic organ function.
- **Bladder Training** – learning to empty the bladder by the clock, rather than by desire.
- **Kegel Exercises** – Exercises to strengthen the pelvic floor muscles.
- **Biofeedback** – device used intravaginally to train the pelvic floor muscles to contract or relax correctly.
- **Functional Electrical Stimulation** – device used internally or externally that delivers a weak, painless current to activate or relax the pelvic floor muscles.
- **Manual Therapy** – pressure is applied to and released from muscles in spasm to relax the muscles and bring blood flow to the area for healing.
- **Joint and Tissue Mobilization** – gentle manual techniques to help calm muscles and nerves in the pelvis.
- **Other Modalities** – such as ultrasound, the application of ice or heat, etc.

Pelvic floor therapy usually includes a regimen of four or more visits with a healthcare provider who has been trained in implementing these techniques. A combination of the above techniques will be used depending on your particular pelvic floor problem.

**Aguirre Specialty Care**  
Oscar Aguirre, M.D., Director  
9800 Mount Pyramid Court, Suite 300  
Englewood, Colorado 80112  
(303) 322-0500