



What Are Physical Therapists?



Physical therapists are **experts in the evaluation and treatment of movement and functional disorders** which most often are often due to orthopedic and neurological issues.

What Are The Pelvic Region And Pelvic Floor?



The pelvic region is central to many critical body functions. The “pelvic ring” is **home to the bladder, bowel, and reproductive organs**, in addition to a network of nerves and muscles.

The pelvic floor is made up of **muscles and other tissues that form a sling extending from the pubic bone to the tailbone**. They assist in maintaining upright posture, supporting abdominal and pelvic organs, and help with bladder, bowel and sexual function.

What Is Pelvic Floor Dysfunction?



Pelvic floor muscle dysfunction **occurs when these muscles become overactive or weak**. The result can be pain and/or decreased function in any of the areas mentioned above.

Pelvic dysfunction is commonly associated with other impairments effecting the sacroiliac joint, low back, coccyx, abdomen, and/or hip joint. These impairments can contribute to pain and loss of function.

What Is a Pelvic Health Physical Therapist?



A pelvic health therapist has completed seven years of higher education, including a three-year physical therapy program and **advanced training in the assessment and treatment of the pelvis and related structures**.