



## PELVIC FLOOR DYSFUNCTION

Do you leak a little (or a lot) when you sneeze or cough? Do you know someone that does? Urinary or bowel incontinence, urinary frequency, urinary urgency, pelvic pain, and more should not be considered 'just a normal part of aging or having children.' Many people experience pelvic floor dysfunction, but are too embarrassed to speak with a medical provider about their symptoms. It is possible that symptoms can be reduced and potentially resolved through working with a pelvic floor physical therapist. Please reach out your medical provider if you are ready to address your symptoms.

### **Taylor Mugnier, PT, DPT, WCS, CLT**

Taylor Mugnier, PT, DPT, WCS, CLT, is a physical therapist with Norman Regional's Physical Performance Center who specializes in pelvic floor physical therapy. Taylor is board certified in Women's Health Physical Therapy and completed her residency for men and women's health physical therapy in Pittsburgh. Taylor is passionate about serving all individuals who experience pelvic floor dysfunction.



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## WHAT IS PELVIC FLOOR PHYSICAL THERAPY?

Pelvic floor physical therapy is a specialized therapy to treat the muscles and tissue of the pelvic floor. The pelvic floor, located at the bottom of your pelvis, between your pubic bone and tailbone helps to regulate bladder, bowel, and sexual function. Pelvic floor physical therapy can treat the following:

- Incontinence
- Urinary frequency/urgency
- Pelvic pain
- Constipation
- Pain with intercourse
- Pregnancy and post-partum-related pain and dysfunctions

**Pelvic floor dysfunction refers to one of the following conditions:**

- Weak, tight, or uncoordinated muscles of the pelvic floor
- An impairment of the pelvis, coccyx, hip, lower back, or sacroiliac joint

**These dysfunctions commonly affect individuals of every age, gender, culture, and fitness level. Your individualized physical therapy treatment may include:**

- Stretching or strengthening exercises for pelvic floor and core muscles
- Postural awareness and adjustments
- Manual therapy to address adhesions, scar tissue, trigger points, or muscle spasms
- Biofeedback bowel and bladder habit training program

Your therapy will be provided by a specially trained physical therapist in a private location with an atmosphere designed for providing physical therapy to conditions of a sensitive nature.

### PLEASE CONTACT US FOR MORE INFORMATION

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