

# Pelvic Floor Dysfunction

**Ochsner Therapy & Wellness** offers comprehensive solutions for **Pelvic Floor Dysfunction** and **Pain Relief** through Physical Therapy services.

## What is Pelvic Floor Dysfunction?

The pelvic floor is a group of muscles in the pelvic area which support surrounding organs including, the bladder, prostate and rectum.

**Pelvic Floor Dysfunction** is when a person is unable to control the muscles in the pelvic floor which can lead to urinary and fecal incontinence and pain and discomfort during daily activities including urinary or bowel movements.

## How Can a Physical Therapist Help?

Physical Therapists treat conditions of the musculoskeletal system that can cause pain and decreased urinary control. Through treatment options like therapeutic exercise, biofeedback, education and modalities such as ultrasound, electrical stimulation and heat or ice, physical therapists can treat the following issues:

- Pelvic Alignment and Joint Inflammation
- Muscle Pain, Weakness, Spasm or Poor Coordination
- Nerve Entrapment or Hypersensitivity
- Scar Tissue or Other Connective Tissue Restrictions
- Posture and Movement during Daily Activities

## How is Pelvic Floor Dysfunction Diagnosed?

During the first consultation, the physical therapist will review the patient's symptoms and medical history. Once complete, a physical exam is conducted to assess the strength and coordination of the pelvic floor muscles.

Once completed, the patient and their physical therapist will review the treatment plan and determine the frequency of clinic visits.

We accept Medicaid, Medicare and most private insurance policies which cover Physical Therapy services.

Ask your physician for a referral.  
Call **504.842.4348** to make an appointment.

