



PELVIC FLOOR PHYSICAL THERAPY

Do you...
Leak when you sneeze?
Cross your legs when
you laugh?
Run for the washroom
the instant you get
home?
Always scan for the
nearest restroom?
Plan your schedule
around bathroom
breaks?

Half of women, at some point in life, will struggle with incontinence.

One third will develop a regular problem that affects her life (anywhere from being a nuisance to becoming overwhelming)

Physiotherapists treat **muscle and joint issues** caused by injury, illness or simply caused by bad habits (such as poor posture!)

This is the same for the muscles and joints of the pelvis!

These are the muscles that you need for control of leaks, control of strong feelings of urge to 'go', and to help support the internal organs

Pelvic Floor issues may include:

- Muscle weakness
- Muscle tightness
- Unbalanced muscle strength side-to-side

We can help train the muscles to **work** or to **relax** when they need to

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