

## What Pregnant Women Can Gain From Pelvic Floor Physiotherapy

Pregnancy can be an important moment in a woman's life and reaching a smooth delivery is their top priority. Pelvic Floor Physiotherapy is a safe option to prepare you for childbirth and helps maintain your sleep, relieve pressure in your pelvic region, and keep your muscles in order. It also stabilizes the spine and helps function your bladder and bowel.

[REDACTED] is a medical clinic that offers outstanding pelvic floor physiotherapy in the [REDACTED]. We'll provide some insight into the benefits of the therapy and how it can help you stay in perfect shape.

### The Conditions Physiotherapy Can Treat

Maintaining the pelvic floor during pregnancy is important because of the group of muscles, ligaments, and connective tissue attached to the delicate nerve area. They work like a sling to support the bladder, uterus, and bowel and are the first line of defence for your developing baby. You want both your newborn and yourself to be ready for the delivery and the road to that goal can be beneficial.

Some common conditions the therapy can treat range from painful intercourse, constipation, and pelvic pain. More specifically, it's also been shown to be effective against **Diastasis Recti** - a condition where the abdominal muscles are separated during pregnancy. Specialized pelvic health physiotherapists can teach proper exercises for this procedure.

Additionally, Pelvic Floor Physiotherapy can also relieve incontinence that affects the body during the pregnancy period. This condition comes in several forms:

**Urinary incontinence** - The involuntary loss of urine. It is not normal to have incontinence after childbirth or with ageing and there are two common types of urinary incontinence.

**Stress incontinence** - Urine leaks out when the pressure squeezing the bladder and abdomen is greater than the closure pressure of the sphincters sealing the urethra. Pelvic floor muscle exercises can help stop this leakage, but roughly three-quarters of women are doing these exercises incorrectly.

**Urge incontinence** - This occurs when the bladder suddenly needs to empty itself out. It's usually caused by an overactive contraction of the bladder muscle and weak pelvic floor muscles.

**Bowel Incontinence** - The involuntary loss of stool or gas. It is a symptom of a physical or neurological problem that can be relieved with the regular pelvic floor physiotherapy.

### **Getting the Best Results**

The first thing you should do is consult an experienced pelvic health physiotherapist to see what methods are right for you. Pelvic Floor Physiotherapy will help you avoid having to deal with pain in your lower back or pelvic area and give you a better night's sleep. It more or less strengthens your pelvic floor muscles for the upcoming delivery period.

It should be noted that you should avoid doing any sit-ups, crunches, planks, or any other high impact exercise during this period, as you risk adding more pressure to your organs, pelvic region, and lower back. This can lead to worse conditions like incontinence and diastasis, as previously mentioned. The more knowledge you have, the safer and more prepared you'll be.

### **How to Get in Touch**

offers Pelvic Floor Physiotherapy at our clinic in . Our lead physiotherapist will find the best solutions for you to prepare for childbirth. If you'd like to know more about the services we offer, feel free to contact us whenever you have time.