



“IT’S OK...I JUST LEAK A LITTLE...”

So you have been told it is normal to leak a little (or a lot) after having a baby and not to worry, it will go away... or it won't (even after 40 years). Well the truth is 1 in 4 women have pelvic health concerns (pelvic pain, incontinence, pain with sex). Most do not realize there are very safe and conservative treatments that can provide huge improvements to a person's quality of life that can be trialed prior to consenting to surgery.

What causes incontinence?

There are many culprits that can cause incontinence. Some examples include a spinal cord injury, nutrition factors, medication side effects, pelvic organ prolapse, muscle impairment or an abdominal pressure imbalance.

Well I do Kegals...that is good right?

Not necessarily. Kegals do help some people but for some people kegals is the exact opposite from what one should do and can cause the problem to get worse.

What are Pelvic Health Physiotherapists?

They are Physiotherapists that have continued their education in pelvic health areas. They can provide an assessment to highlight your unique causes to incontinence and build you an individualized rehabilitative program.

What does assessment and treatment look like?

Simply put, it depends. Depending on your symptoms and concerns the assessment can look like a traditional Physiotherapy assessment with all external assessments or if there are signs that someone would benefit from a more thorough assessment sometimes an internal pelvic exam would be advised to be of benefit.

Is it only women who have had babies that have pelvic floor issues?

Surprisingly many women who have never experienced child birth and as well as men battle pelvic health concerns. Even more surprising is the fact that a significant number of our child and adolescent populations deal with concerns such as incontinence. With many cases there is conservative treatment that can help. Please contact one of our Client Care Coordinators for more information.

**PELVIC FLOOR
PHYSIOTHERAPY**

**RETRAIN YOUR DEEP
INNER CORE**

**DECREASE
INCONTINENCE**

**CORRECT ABDOMINAL
PRESSURE
IMBALANCES**

**PREVENT
COMPLICATIONS
PRE/POST NATAL**

**RETURN TO THE
ACTIVITIES YOU LIVE
FOR**

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