

DID YOU KNOW?

What: Assessment and treatment of female pelvic floor problems

Who: Patricia Sennett - Registered Physiotherapist and Member Women's Health Division of the Canadian Physiotherapy Association

Where: Human Performance Centre

When: Monday to Friday by appointment

Why: To help women stay active and engaged in their interests and activities of daily living!

"I am pregnant and have pain in my pelvis. Do I need to wait until I deliver my baby to be treated for this?"

No, you do not have to wait. Women can be seen during and after a pregnancy for an assessment and appropriate exercise prescription for pelvic girdle pain.

"When I exercise or sneeze I wet my pants. Is this normal?"

An involuntary loss of urine is not normal. A physiotherapist can assess the muscles of the pelvic floor to determine if specific strengthening or relaxation exercises are needed. Biofeedback can be used to help make exercises more effective.



Book your appointment today!