

### **What is Pelvic Floor Physiotherapy?**

- Pelvic Floor Physiotherapists are Physiotherapists who have undergone post-graduate training on the pelvic floor in addition to the treatment of orthopedic conditions such as general neck, low back, hip, ankle pain for example.
- Pelvic floor physiotherapy involves the assessment and treatment of the pelvic floor including muscles, associated connective tissue and fascia, ligaments and nerves.
- These structures play an important role in bladder, bowel, sexual function, hip and low back stability. If these tissues are not functioning properly due to weakness, too much over recruitment and tension, poor timing/coordination with other muscles, scarring, one can experience incontinence, pain, and sexual dysfunction among other issues.

### **What to expect from a Pelvic Floor assessment?**

Throughout the consult and a Pelvic Floor Physiotherapist will check your:

- Postural Control during static stance, squat, lunge, kneeling positions
- Breathing Patterns
- Core Function for eg. inter-recti distance for diastasis recti

- Functional Strength, Endurance and Control/Coordination
- Sensation, Reflexes, tone and tensesgrity of the abdominal/hip regions (externally) if appropriate

### **What to expect from a Pelvic Floor follow- up session?**

- Your treatment will depend on the assessment findings, which will include a combination of education and exercises.
- Please note, kegels are not always indicated for pelvic floor problems. Sometimes they do more harm than good, and often they are not performed correctly.
- There are plenty of other exercises to address dysfunctional movement, breathing, posture control, excessive or reduced tone/tension, poor timing and coordination.

### **Who benefits from Pelvic Floor Physiotherapy?**

Anyone experiencing:

- Bladder or bowel accidents with coughing, sneezing, jumping, lifting
- Constipation, difficulty moving your bowels or frequency less than three times a week or requiring manual splinting/maneuvers or stool softeners to facilitate evacuation
- Needing to go to the washroom more than 5-8 times a day
- Urgent need to go to the bathroom

- An uncomfortable sensation of needing to urinate that won't go away
- Urinary hesitancy or retention (difficulty generating stream of urine, interrupted flow, dribble when getting up from the toilet)
- Waking up at night to go to the washroom that disturbs your sleep
- Pelvic girdle/sacroiliac/hip/low back/tailbone pain
- Abdominal and groin pain
- Feeling of heaviness/pressure in the pelvis
- Currently pregnant
- Recently given birth
- Pain during sexual activity
- Painful pelvic/speculum exams
- Pain with sitting
- Altered genital sensation
- Dyssynergic defecation
- Painful periods
- Frequent urinary tract infections or yeast infections
- Pregnancy
  - prevent and treat incontinence or pelvic girdle pain
  - optimize labour and delivery
  - minimize trauma to your pelvic floor
- Diagnosis of endometriosis

## **How to access Pelvic Floor Physiotherapy?**

### **OHIP Funded Pelvic Floor Physiotherapy Clinics**

Who is eligible for OHIP?

Under 19, over 65 only. Post-surgery (have stayed in hospital overnight). Under ODSP (depends on condition). List in alphabetical order of location.

Focus Physiotherapy Brampton  
10035 Hurontario St #12A  
Brampton, ON  
L6Z 0E6  
1-888-488-3135  
Ruchi Bali

We-Fix-U  
727 William Street  
Cobourg, ON  
K9A3A7  
(905) 373-7045  
Sherry Heenan

Lifemark Main East and Kenilworth  
1440 Main East, unit 5  
Hamilton, ON  
L8K6M3  
(905) 544-0053

Elena Bamm  
Lifemark Main West and Longwood



Radio Centre Plaza  
4-875 Main Street West  
Hamilton, ON  
L8S 4P9  
(905) 577-0098

West End Physiotherapy  
10 Ewen Rd.  
Hamilton, ON  
L8S3L4  
(905) 524-2365  
Lifemark Church Street  
G01-377 Church Street  
Markham, ON  
L6B 1A1  
(905) 471-4259

Lifemark Meadowvale Town Centre  
6855 Meadowvale Town Centre Circle  
Unit 101  
Mississauga, ON  
905 858 3273  
Kaitlin Cianfarani

Physiotherapy Alliance  
10 Waterloo St, Unit 4  
New Hamburg, ON  
N3A 1V5  
(519) 662-4676

Bayview Rehabilitation



3333 Bayview Ave, #206  
North York, ON  
M2K 1G4  
(416) 222-7401  
Negar Nayerinia

Physiotherapy Associates of Port Perry  
462 Paxton Street,  
Port Perry, ON  
L9L 1L9  
(905) 985-8363,  
Kristal Hazelwood

Lifemark Scarborough Village  
3481 Kingston Rd.  
Scarborough, ON  
(416) 266-8844

Lifemark Four Corners  
202-2009 Long Lake Road,  
Sudbury, ON  
(705) 523-1656  
Lauren Ward

Stratford Physiotherapy Centre  
444 Douro Street  
Unit 104  
Stratford, ON  
N5A 0E6  
(226) 779-1597  
Alison Gray



St. George Physiotherapy  
180 Bloor west, #1202,  
Toronto, ON  
M5S 2V6  
(416) 921-4587  
Negar Nayerinia

Lifemark Physiotherapy Vaughan (Dufferin and Rutherford)  
9200 Dufferin, unit 2b  
Vaughan, ON  
(905) 417-4135  
Madeleine Wells-Rowse

Lifemark Pine Valley  
4500 Highway #7  
Suite 100  
Woodbridge, L4L 4Y7  
905-856-3777  
Sogand Hariri

### **How to initiate search for Private Pelvic Floor Physiotherapy (covered by extended health insurance)?**

Instructions on how to find a physiotherapist or physiotherapy clinic through the College of Physiotherapists of Ontario Website

Step 1:  
Open your internet browser and type in [www.collegept.org](http://www.collegept.org)



Step 2:  
Click on 'Find a physiotherapist' (this will be located on the top right side of the screen).

Step 3B: (advanced search)  
You can narrow your search to find clinics with specific features by clicking on the "advanced search" option that is located under the search button. After clicking on "advanced search," you will be taken to a new page. From this page, you may select the features that you are looking for (such as "provides government funded services (OHIP)," "assessing/rehabilitating pelvic musculature" etc.). Remember to include either the name of the physiotherapist, and/or your city, and/or postal code in the correct boxes at the top of the screen. Once you have entered the information, click on the large green advanced search box located on the bottom right side of the screen.

Step 4:  
After pressing search, a list of physiotherapy clinics/facilities will be provided. Please note that you may have to contact the clinic yourself to find out more details on whether it is a suitable clinic for you.

### **Tips for Finding the right Physiotherapist for you in the Community**

A physiotherapist can be a helpful resource for acute management of pain and joint instability, and ongoing education and support for safe introduction and progression of therapeutic exercise and physical activity.

- It is extremely important to set a goal. Why are you going to see this health care professional? What is it that you would like to do/achieve that you are currently having difficulty with or unable to do? Not only can goal setting direct you to the right type of therapist (for example a pelvic floor physiotherapist for incontinence or a TMJ physiotherapist for TMJ subluxations), it provides a tracking mechanism for change and a way to gauge efficacy of treatment
- Pick at least one SMART, functional or fitness goal. Let's face it - Pain management is and will continue to be one of the top goals for seeking treatment in the community. The challenge with using pain management as a way to track change is that it is subjective and can be difficult to measure. The best types of goals to set with your physiotherapist in the community are ones that track change in your function or fitness level. Make sure that you set a timeline (using SMART goal setting principles) to avoid continuing along the same treatment path that may not be the right one for you
- Set a timeline - many of us have limited (if any) extended health benefits for physiotherapy services. Physiotherapy is costly, and coverage can be used up quickly. Before seeking out treatment, know your level of coverage and what you are able to afford. Communicate this to your therapist at your first visit to develop the best schedule for your plan of care so you

don't end up using up all of your resources right at the start

- Interview -We encourage you to call around to some of the physiotherapy clinics in your area. Ask the receptionist the following question:
- "Do any of your therapists have experience or an interest in working with individuals with chronic pain, hypermobility or Ehlers-Danlos Syndrome?" They will likely have to call you back (or have you call back) but it opens up the conversation with clinicians in that environment. Some therapists will do a "free" telephone consultation with potential patients to discuss goals, treatment expectations etc. prior to taking you on as a client.
- If you find a therapist who would like to learn more, please have them contact our clinic to set up a time to discuss resources and treatment planning with our physiotherapist

Unfortunately, at this time, the EDS clinic does not possess a comprehensive list of therapists who have expertise in this area. Many community therapists have the resources and skill set to work with you towards your goals. If you are still struggling to find an appropriate fit, please address this at your initial consultation with the EDS physiotherapist.