

How common is Pelvic Floor Dysfunction in Australia?

It is a little-known fact that as many as 40% of women will experience some form of pelvic organ prolapse (POP), and 11% will undergo surgery for prolapse.

Urinary incontinence is very common and can effect up to one in two women (or 30-50 percent). It happens to women of all ages, although it becomes more likely the older you are.

What can I do to reduce my risk?

- Maintain good bladder and bowel habits.
- Ensure good toileting position with no straining.



Where to get help

- Your GP
- The Hinterland Physio Group - Women's Health Appointment
- The National Continence Helpline on 1800 330 066, for free information, advice and support.



**HINTERLAND
PHYSIO GROUP**

Contact us for more info

PALMWOODS
(07)5478 8500
5/12 HILL ST

WOOMBYE
(07)5442 1619
6 BLACKALL ST



welcome@hinterlandphysiogroup.com.au
www.hinterlandphysiogroup.com.au

WOMEN'S HEALTH PHYSIOTHERAPY

Do you know what your
PELVIC FLOOR is, and why it is
important?

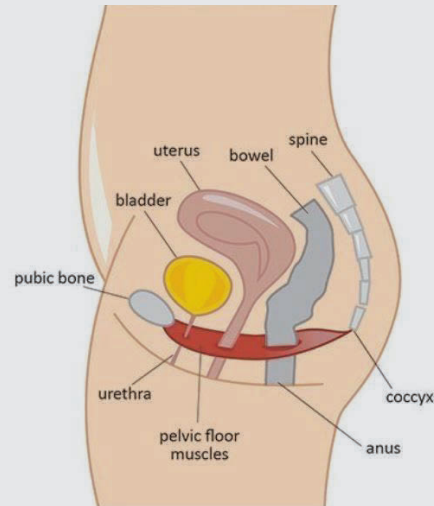


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What is your Pelvic Floor?

The pelvic organs, which include bladder, vagina, uterus, and bowel, are held in place by the pelvic floor muscles and supporting tissues such as 'fascia' and 'ligaments'.



References: Continence Foundation of Australia

Pelvic Floor Dysfunction

Is due to pelvic floor muscle and/or fascial dysfunction, which can cause prolapse, urinary dysfunction and bowel dysfunction.



What does pelvic organ prolapse (POP) mean?

If the supporting tissues are torn or stretched, and your pelvic floor muscles are weak, then the pelvic organs may not be held in their right place.

Pelvic organ prolapse (POP), occurs when one of the pelvic organs sags and may buldge or protrude into the vagina.

Signs of a pelvic organ prolapse (POP)

Early on your signs of prolapse/dysfunction may be less obvious and may be detected during a cervical screening test.

Some of the signs include:

- Urinary leakage.
- A lump buldging into or out of the vagina that you can see or feel.
- A heavy sensation or dragging in the vagina.
- Difficulty emptying your bladder or bowel.
- Lower back pain.
- Sexual problems (pain or less sensation).
- Weak urine stream.
- Recurring urinary tract infections.

Who is at risk of pelvic organ prolapse?

- Pregnant or postnatal women.
- Women during or post menopause.
- Women with chronic constipation.
- Women with a chronic respiratory condition.
- Women post gynaecology surgery.

When to seek help

In addition to the signs of a POP, other signs that would indicate incontinence and warrant physio review are:

- If you feel like you haven't completely emptied your bladder.
- If you have to rush to use the toilet.
- If you sometimes leak before you get to the toilet, or leak when you cough, sneeze, lift or laugh.
- If you wake up twice or more to go to the toilet.
- If you sometimes leak when you exercise or play sport.
- If you sometimes leak when you change from a seated, or lying position, to a standing position.
- If you strain to empty your bowel.
- If you plan your day around the location of the nearest toilet.