

Pelvic Floor Dysfunction



What is Pelvic Floor Dysfunction?

Pelvic floor dysfunction occurs when the pelvic floor muscles are not working properly. These muscles form a supportive “hammock” at the base of your pelvis and help control bladder, bowel and sexual function, whilst supporting your pelvic organs.

When these muscles are too weak, too tight, poorly coordinated, or slow to respond, symptoms can occur. This is known as pelvic floor dysfunction.

👉 In simple terms: **It's when muscles that support your bladder, bowel or pelvic organs aren't working as they should.**

Why does Pelvic Floor Dysfunction happen?

Pelvic floor dysfunction can affect people of all genders and ages.

Common causes include:

- Pregnancy and childbirth
- Chronic coughing or constipation
- Heavy lifting
- High-impact exercise
- Prostate surgery
- Menopause
- Pelvic surgery
- Trauma
- Prolonged sitting
- Poor posture and core control

Often, it is due to a combination of physical and lifestyle factors.

Common symptoms

- Urinary leakage
- Urgency or frequent urination
- Difficulty starting urine flow
- Constipation or bowel leakage
- Reduced sensation
- Pelvic pain
- Lower back or pelvic instability
- Poor abdominal control

How can physiotherapy help?

Most pelvic floor problems respond very well to physiotherapy.

Physiotherapy may include:

- Individualised pelvic floor exercises
- Relaxation and down-training techniques
- Breathing and core retraining
- Manual therapy (If appropriate)
- Bladder and bowel habit education
- Lifestyle and exercise guidance

You don't have to live with pelvic health symptoms. Our physiotherapists provide personalised care in a supportive environment. We take the time to understand your concerns and create a treatment plan that fits your goals. Early treatment leads to better results, no matter you age or stage of life. Contact our clinic to book an appointment today.