CENTER FOR

Tideline

HEALTH & AESTHETICS

TREATMENT GUIDE:

PELVIC FLOOR DYSFUNCTION



WHAT IS PELVIC FLOOR DYSFUNCTION?

Pelvic floor dysfunction is a wide-reaching term for pain brought about by dysfunction of the pelvic floor muscles. The pelvic floor muscles are a basket of muscles that hold the pelvic organs such as the bladder, bowels, vagina, and more. These muscles may become overactive and contract, causing pain. Because of this, you may have difficulty urinating, passing bowel movements, engaging in sexual activity, and more.

Pelvic floor dysfunction has a variety of causes, such as injury or trauma to the pelvic floor muscles or surrounding area, inflammation from an infection, related health conditions, or scar tissue from certain pelvic surgeries. In all of these cases, the pelvic floor muscles may no longer work as needed.

PELVIC FLOOR DYSFUNCTION TREATMENT OPTIONS

At **Tideline Center for Health & Aesthetics**, our providers offer a variety of therapies for pelvic floor dysfunction and can help you determine the best path forward for your intimate health.

Pelvic Floor Physical Therapy

Physical therapy targeting the pelvic floor muscles can help relax and strengthen them through a series of exercises at home. Our intimate health providers can refer you to a knowledgeable physical therapist who specializes in pelvic floor dysfunction.

Medications

Certain medications, such as diazepam, can help reduce muscle spasms. You may also benefit from stool softeners to reduce strain on the pelvic floor muscles and preserve muscle tone.

Relaxation Techniques

Pelvic floor dysfunction can go hand-in-hand with stress and anxiety. Breathing exercises can help you relieve tension and breathe more deeply, promoting better circulation. Aids such as warm baths or heating pads can also help alleviate tension in the area. Our intimate health providers can refer you to a mental health specialist who can help you learn tools to manage stress levels and offload tension.

Pelvic Wand Therapy

This unique therapy uses an intravaginal wand to target specific muscle areas and relieve tension, similar to a massage. It can both relieve tension and reduce pain in areas where the muscles have become too tight.

LEARN MORE TODAY

Pelvic floor dysfunction can interfere with daily functions such as passing bowel movements, and it can also interfere with intimate moments. If you need relief from pelvic floor dysfunction, our intimate health providers can help. To schedule a private consultation with our team, contact our office by filling out our **online form**.