

Rehabilitation Services

PELVIC FLOOR THERAPY



The number of women surviving or living with cancer has significantly increased through the years. Treatments such as surgery, chemotherapy, radiotherapy and hormonal therapy may contribute to pelvic dysfunctions such as sexual pain, anatomic alteration, neurologic, myofascial and pelvic organ injury.

Pelvic floor occupational therapy involves the pelvic floor muscle group, which is responsible for a variety of functions. These muscles support the pelvic organs, assist in bowel and bladder control and contribute to sexual arousal and orgasm.

Patients may be referred to pelvic floor occupational therapy to treat incontinence, difficulty with urination or bowel movements, constipation, chronic pelvic pain and painful intercourse. Patients may also be referred prior to surgeries that may affect pelvic floor muscles.

Pelvic floor occupational therapists might use several techniques:

Education. Patients may need to learn more about their pelvic anatomy and how different components work alone and together. They may also need to learn how habits or hygiene affect their symptoms.

Pelvic floor exercises. Patients are taught how to contract and relax pelvic floor muscles in relation to other muscles. They are also taught breathing and timing techniques to make the exercises more effective. Such exercises can stretch tight muscles, strengthen weak ones, and improve flexibility.

Manual therapy. An occupational therapist may use hands-on massage or stretching to help with posture, blood circulation and mobility.

Pelvic floor biofeedback. Biofeedback is a technique that can help patients “see” how the pelvic floor muscles are working. To do this, a probe is inserted into a woman’s vagina or a man’s anus and results are displayed on a computer screen. External sensors can also be used if the patient is not comfortable with the listed internal sensor options.

Vaginal dilators. These tube-shaped plastic devices can help women learn to relax their pelvic muscles to allow easier penetration and can promote tissue elongation. Women who have been treated for gynecological cancer may also find them helpful for vaginal rehabilitation after

To learn more about pelvic floor therapy and other rehabilitation services, call 402-420-7000. Appointments are available Monday-Friday between 7 a.m. and 4 p.m at our 68th & O Street location.