

WHY PELVIC HEALTH MATTERS

MJ FORGET PELVIC HEALTH PHYSIO

- ❖ UNIVERSITY OF OTTAWA 1995
- ❖ PELVIC HEALTH PT SINCE 1997
- ❖ PELVIC HEALTH INSTRUCTOR WITH PELVIC HEALTH SOLUTIONS
- ❖ MENTOR AND NOSM MEDICAL STUDENT PRECEPTOR
- ❖ PELVIC HEALTH ADVOCATE/PUBLIC SPEAKER/RESEARCHER
- ❖ OWNER OF GATEWAY PHYSIOTHERAPY IN NORTH BAY

WHAT IS PELVIC HEALTH?

- ❖ Incontinence
- ❖ Prolapse
- ❖ Constipation
- ❖ Pelvic pain
- ❖ Pregnancy Pelvic Girdle Pain
- ❖ Postpartum Care
- ❖ Pain with sexual activity
- ❖ Post-prostatectomy incontinence
- ❖ Erectile Dysfunction
- ❖ Paediatric Pelvic Health





IMPACT OF PELVIC HEALTH ISSUES?

INCONTINENCE RATES

- ❖ **3.3 Million** Canadians have incontinence
- ❖ **1 in 4** Canadian women
- ❖ **1 in 9** Canadian men
- ❖ Only 1 in 12 patients speak to their health care workers about their incontinence issues



INCONTINENCE IN THE FEMALE POPULATION

- ❖ AFFECTS 20-30% OF YOUNG ADULT WOMEN
- ❖ AFFECTS 30-40% OF MIDDLE AGE WOMEN
- ❖ AFFECTS 30-50% OF ELDERLY WOMEN

50% of women, at some point in their life cycle, will experience some urinary incontinence

INCONTINENCE RISK FACTORS

- Link between low back pain and pelvic floor issues
- Link between breathing problems and incontinence
- Constipation is not our friend!





SOCIAL CONSEQUENCES OF INCONTINENCE

IMPACT OF INCONTINENCE

- ❖ DECREASES SELF ESTEEM
- ❖ IMPAIRS EMOTIONAL STATUS
- ❖ IMPEDES SOCIAL ACTIVITY
- ❖ IMPEDES PHYSICAL ACTIVITY
- ❖ IMPACTS ACTIVITIES OF DAILY LIFE
- ❖ INCREASES THE RISK OF FALLS
- ❖ INCREASES NURSING HOME ADMISSIONS



Heavy economic burden on patients, families
and society

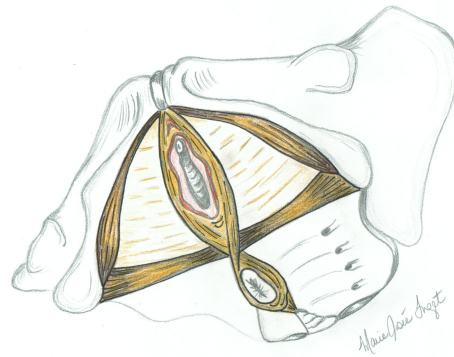
MISCONCEPTIONS PELVIC HEALTH

- It is normal to have urinary leakage after childbirth - **NO**
- It is normal to have urinary leakage as you age - **NO**
- There is nothing you can do about urinary leakage - **NO**
- Everybody should be doing Kegels - **It depends :)**



PELVIC FLOOR MUSCLES

- ❖ SPHINCTER
- ❖ SUPPORT
- ❖ SEXUAL HEALTH
- ❖ CORE STRENGTH
- ❖ CIRCULATION
- ❖ RELAXATION
- ❖ GUARDS/PROTECTS



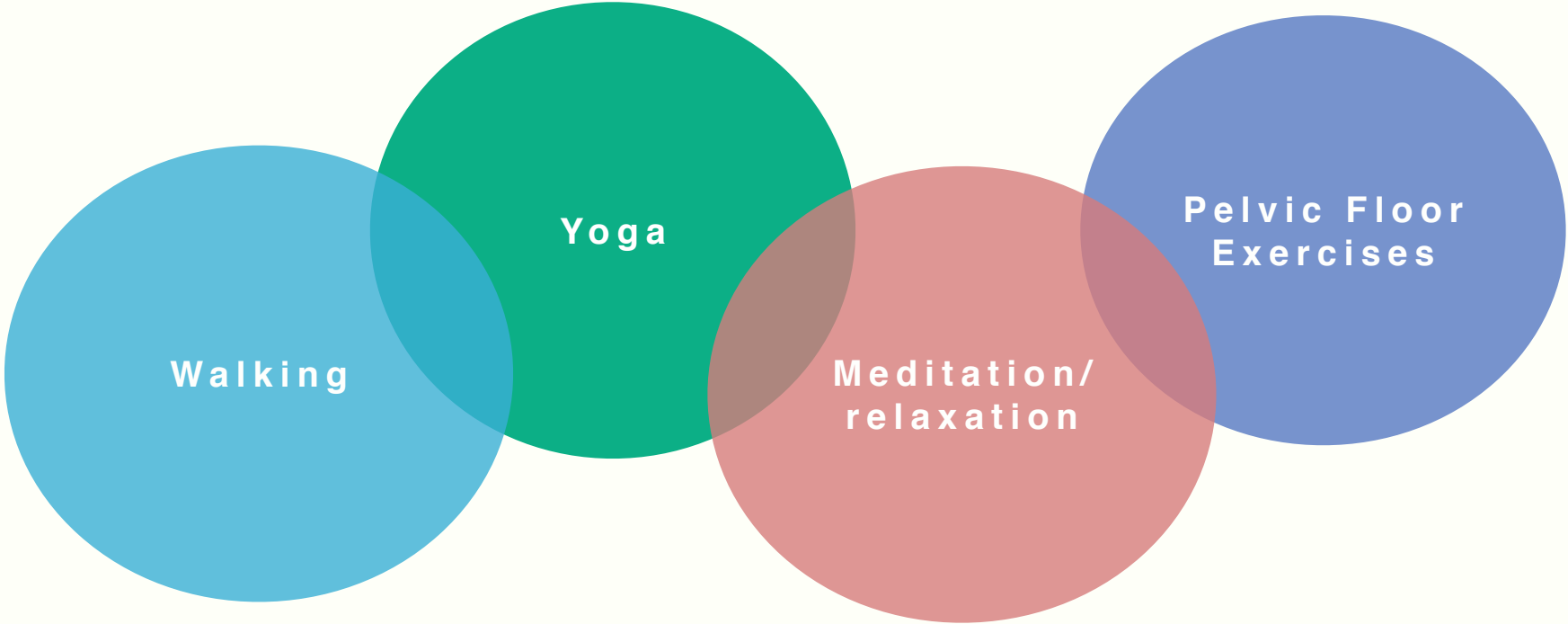
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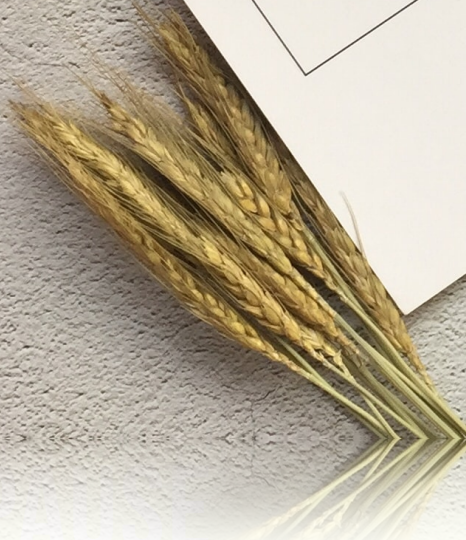
EXERCISES

WILL HELP YOUR PELVIC FLOOR ISSUES?

TYPES OF EXERCISES



FAITH
HOPE
LOVE



MY BEST ADVICE?

MY FAVOURITE TIPS

- ❖ Get to know your body
- ❖ Be an advocate for your health - find your voice
- ❖ Move every day
- ❖ Get outdoors daily
- ❖ Get good sleep
- ❖ Drink your fluids - but the right amount!
- ❖ Elicit a relaxation response daily
- ❖ Enjoy some self-care
- ❖ Wash your hands and wear your mask :)



CONNECT WITH A PELVIC HEALTH PT



MJ Forget PT
Pelvic Health

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