



LAURA MEIHOFFER

Do I Need Pelvic Floor Therapy?



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Introduction

Pelvic floor dysfunction is a common experience for many individuals across the world, regardless of their sex assigned at birth. However, it can be difficult sometimes for people to know whether they should actually pursue pelvic floor physical therapy, and if their symptoms are caused by pelvic floor dysfunction.

Take some time to sit down and consider your symptoms. Pelvic floor dysfunction can create symptoms in many forms, even some that you may not expect.



Questions to Ask Yourself

Answer the following questions with “yes” or “no,” and keep track of your answers. Consider how often you experience the following symptoms (more specifically the examples listed), and if prolonged sitting exasperates them:

Are you experiencing any body pain?

Example Symptoms: Pain in your back, hip, groin, tailbone, genitals, perineum, or general pelvic pain

Do you experience difficulty with intercourse?

Example Symptoms: Pain with sexual activity or intercourse / a decrease in arousal

Pain or difficulty with insertion?

This may be felt with menstrual products, pleasurable aids, or during pelvic exams

Do you feel a sensation of something “falling out?”

This can be felt vaginally or rectally.

Do you have any urinary issues?

Example Symptoms: Leaking (even if it’s just a drop), frequent urination (even at night), being unable to completely empty your bladder, difficulty starting urination, or pain with urination

Do you have any bowel issues?

Example Symptoms: Using the restroom less than three times a week, straining or pain during bowel movements, loss of bowel control, difficulty starting a bowel movement, constipation, being unable to completely empty your bowels



Conclusion

If you answered “yes” to three or more of these symptom examples, it is likely you are experiencing pelvic floor dysfunction.

Pelvic floor physical therapy can be a beneficial treatment for a variety of reasons, in addition to easing your symptoms. It can help people improve their quality of life, get back to enjoying sports, support their body pre and post pregnancy, improve sexual enjoyment, and much more.

You may think you don't need treatment simply because such symptoms are common, but in some cases, symptoms can worsen if not treated. Common does not mean normal! Not only can a pelvic floor therapist help you better understand your body and symptoms, but they can help you re-learn daily habits in your life that may be worsening your symptoms.

While deciding to try pelvic floor therapy may seem intimidating, it doesn't have to be. On my [blog](#) and on my [social media](#), you can find a plethora of education and information about pelvic floor dysfunction and physical therapy treatment to help you learn more and better understand how it can help you and your individual needs.

For those looking for more specific advice about the financial aspects of treatment, I also have some other [helpful documents](#) located on my website that can prepare you for what to expect from physical therapy, including:

- Does My Insurance Cover My Care?
- Understanding & Estimating Your Cost Of Care
- Superbill Explanation