

## **A message from Brittany Mahomes and the scoop on Pelvic Floor Physical Therapy:**

Brittany Mahomes was recently quoted as saying: "Take care of your pelvic floor."

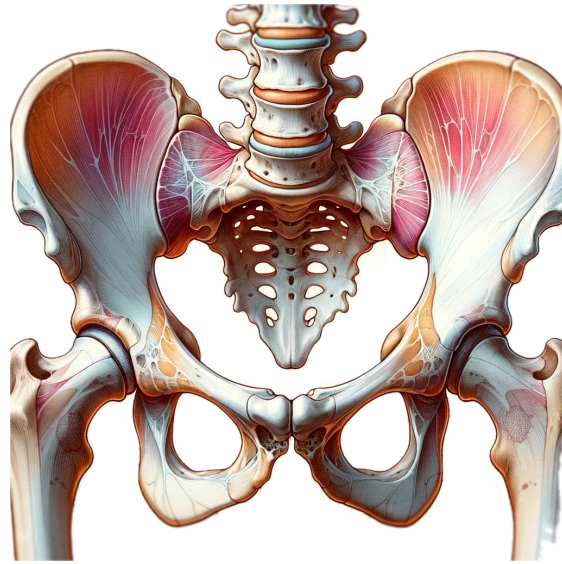
For those unfamiliar, Mahomes is not only married to Kansas City Chiefs quarterback Patrick Mahomes III, she is also a mother of two. She stated in an Instagram story regarding a recent back fracture injury "Just your daily reminder: Once you have kids, please take care of your pelvic floor".



And while pelvic floor therapy is very helpful for those who have given birth, there's even more to what it can offer.

Pelvic floor physical therapy is a special kind of health care that helps people of all genders with problems in their lower belly and pelvis. This area is important because it supports organs like the bladder, bowels, and internal reproductive organs. For more information, see this short video on functions of the pelvic floor: <https://tinyurl.com/z96w4xwy>

Imagine your pelvis as a box, and the bottom of the box is made of muscles. These muscles are called the pelvic floor muscles. Sometimes, these muscles can have too much or too little tension, impaired strength or endurance, and less than optimal motor control. That's where pelvic floor physical therapy comes in.



### **What Is Pelvic Floor Physical Therapy?**

Pelvic floor physical therapy is a treatment that focuses on making the muscles in the pelvic floor stronger or more relaxed, depending on the problem. Physical therapists who do this kind of work know a lot about the muscles and organs in the pelvis. They use exercise and other treatments to help people with issues related to pelvic pain as well as bowel, bladder, or sexual function.

### **Who Needs It?**

Anyone who has problems like pain in the lower belly, trouble controlling when they pee or poop, or discomfort during sex might (also known as dyspareunia) may need pelvic floor physical therapy. Sometimes giving birth or having surgery in this area can also lead to a need for this kind of therapy.



### **What Happens in Therapy?**

1. Evaluation: First, the therapist will talk to the patient to understand their symptoms. Then, they might do a physical check-up to see how the muscles are working. This may or may not include an internal exam.
2. Treatment Plan: Based on what the therapist finds, they will create a special set of exercises and treatments. This might include learning how to squeeze and relax the pelvic muscles correctly.
3. Exercises: The therapist will teach exercises that can be done at home to help make the muscles stronger or more relaxed.
4. Other Treatments: Sometimes, the therapist might use tools to help with therapy. For example, they might use cupping, internal muscle release, or a tool known as a pelvic wand to help manage tissue tension (see: [Pelvic Floor Wand & Massage Therapy Tool – Intimate Rose](#))

### **Why Is It Important?**

Pelvic floor physical therapy is important because it can solve problems that affect someone's daily life, like going to the bathroom or being active without pain. By focusing on the muscles in the pelvic floor, this therapy can help people feel better and live more comfortably.

## **The Goal**

The main goal of pelvic floor physical therapy is to improve the patient's quality of life. Whether it's getting rid of pain, helping with bathroom problems, or making childbirth recovery easier, this therapy can make a big difference.



## **In Summary**

Pelvic floor physical therapy is a special kind of treatment that helps people with problems in their lower belly and pelvis. It involves exercises and treatments designed to strengthen or relax the pelvic floor muscles. And while those who have just given birth benefit, so can athletes and those with many other related conditions as well!

## **Got questions?**

Schedule a consultation appointment at [Diablo Physical Therapy & Sports Medicine](http://DiabloPhysicalTherapy.com) ([diablopt.com](http://diablopt.com))