

What and where are the pelvic floor muscles?

The pelvic floor muscles lie tight between the tailbone (coccyx) and the pubic bone and support the bladder, uterus, vagina and bowel.



Do you suffer from:

- The inability to control urine?
- Loss of control over bowel movements?
- Prolapsed vagina?
- Sexual dysfunction?

**Don't suffer in silence.
Come to Physiocare!**

These muscles become weak due to:

- Pregnancy
- Childbirth
- Obesity
- Ageing
- Straining of chronic constipation
- Constant coughing
- Menopause



Why bother?

Weakening of the pelvic floor muscles can lead to:

- Inability to control urine (loss of control over bladder)
- Loss of control over bowel movements
- Pelvic Organ Prolapse (vagina / uterus / bladder)
- Back pain
- Sexual dysfunction

Look out for these symptoms

- Leaking small amounts of urine when sneezing, coughing, laughing, walking or running
- Unable to reach the washroom on time
- Unable to control breaking of wind from either the anus or vagina
- Reduced sensation in the vagina
- Backache



- Tampons that dislodge or fall out
- A distinct swelling at the vaginal opening and a sensation of heaviness in the vagina.
- Sexual dysfunction
- Lack of vaginal sensation
- The size of vaginal opening is more than the normal and wind vagina while walking

We offer a permanent cure!

- Treatment of pelvic floor muscle weakness and relaxation after pregnancy (postpartum), coccyx dislocation, back pain, pelvic pain, pubis symphysis
- After delivery (Postnatal) treatment of pelvic organs prolapse treatment of female sexual dysfunction
- During pregnancy, we prescribe exercises for pelvic girdle and pelvic floor muscle.



Treatment of pelvic floor dysfunction is done by the latest manual techniques, inclusive of tailor-made exercises, biofeedback and stimulation.

What's different about us?

Biofeedback is the KEY and we specialize in it

Biofeedback is a group of therapeutic procedures that utilizes electronic or mechanical instruments to accurately measure, process, and provide "feedback" to a person about neuromuscular and other body activity.

Biofeedback is a complimentary and alternative medicine technique in which you learn to control body functions. With biofeedback you're connected to electrical sensors that help you measure and receive information about your body.

Biofeedback helps a person to become more aware of the body's responses and thus help to learn how to gain better control. It can help women find and strengthen the pelvic floor muscles that cause vaginal tightness and control bladder emptying.

As the person is able to receive "feedback", she is able to achieve an objective outcome from each session noticing a gradual improvement with the presenting condition.

Goal of Biofeedback Therapy

The goal of biofeedback therapy in the treatment muscle re-education is to modify the person's behaviour and train in methods to regain muscle control. Persons are taught to alter physiological responses of the muscle that are involved during a movement. Biofeedback therapy is a vital component of any behavioral program which deals with restoration of muscle re-education.

The machine and how it works

Our machine consists of a single use internal probe that directly assesses pelvic floor strength and provides feedback during our exercises. As the pelvic floor contracts around the probe the machine will give visual and auditory feedback to show the patients their strength and to encourage them to contract more. Our exercises work particularly on strengthening for quick and slow contractions as well as endurance training.

Our machine also provides electrical stimulation to further enhance strengthening and is used in conjunction with a home exercise program.



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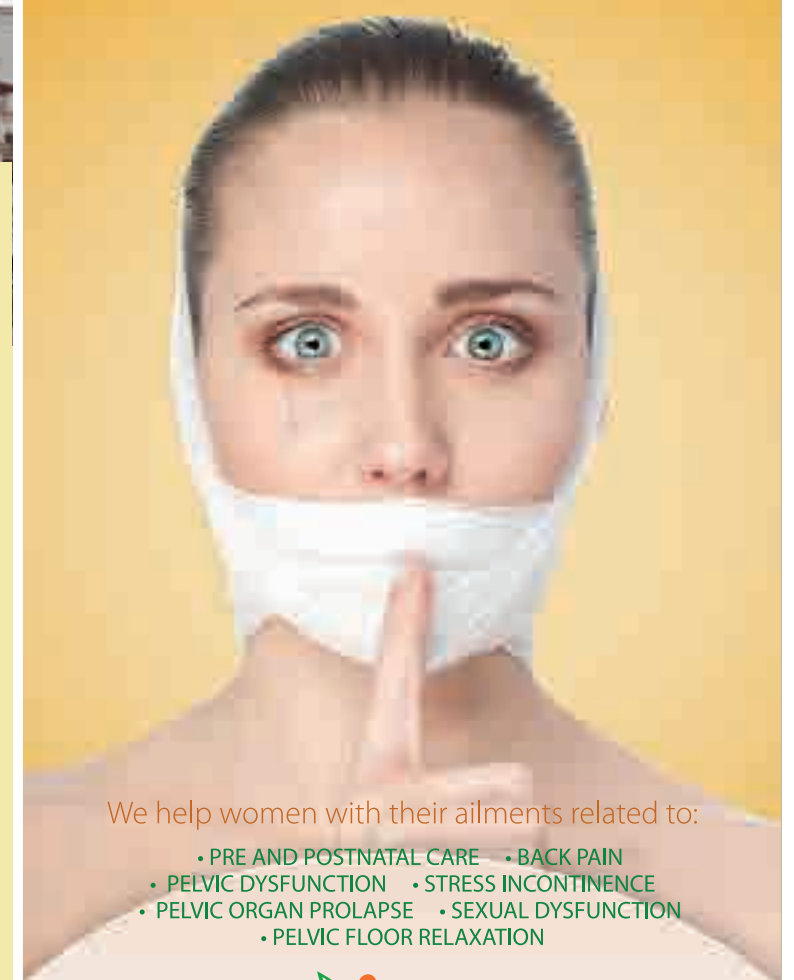
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STOP SUFFERING IN SILENCE BEGIN FINDING A SOLUTION



We help women with their ailments related to:

- PRE AND POSTNATAL CARE
- BACK PAIN
- PELVIC DYSFUNCTION
- STRESS INCONTINENCE
- PELVIC ORGAN PROLAPSE
- SEXUAL DYSFUNCTION
- PELVIC FLOOR RELAXATION

