

Pelvic Floor Physiotherapy after giving birth

Your pelvic floor is a group of muscles that are shaped like a hammock and sit at the bottom of your pelvis. These muscles help support the pelvic organs, including your bladder and uterus and aid in bowel and bladder function. During pregnancy and birth these muscles undergo changes, even if you had a C-section.

It is good for the pelvic floor muscles to start gentle exercises as soon as you can after giving birth. This can be light walking or even lifting the arms and legs up and down, bending and straightening your knees and moving your feet up and down.



The pelvic floor muscles can cause some short-lived changes in the first few weeks after birth.

This is NORMAL and may include:

- **Bowel or bladder leakage:** this can happen when you cough, sneeze or laugh, or when rushing to the washroom
- **More movement in the pelvic floor:** you may feel more movement in your pelvic area when doing activities
- **Feelings of heaviness or pressure inside the vagina:** you may feel like there is something inside the vagina or heaviness or pressure in the vagina when moving
- Pain in the pelvic area

For many people, these changes will go away on their own in the first few weeks and months after birth. **If these changes last BEYOND SIX WEEKS after birth**, you may want to talk to a pelvic health physiotherapist.

Pelvic health physiotherapists can help you if you notice the following signs:

- Bowel or bladder leaking with exercise, jumping, running, coughing, sneezing or laughing
- Bowel or bladder leaking that happens when you are rushing to the washroom
- Troubling bladder or bowel urge or frequent urination
- Pressure, heaviness or the feeling that something is in your vagina when you are walking or exercising
- Long-lasting pain in your pelvic area after birth

FOLLOW THESE STEPS TO FIND A

**Pelvic Health
Physiotherapist**

USING THE

**College of
Physiotherapists
of Ontario
Public Register**

- 1** Go to portal.collegept.org/en-US/public-register
- 2** Choose “**See more search options**”
- 3** Enter your city under “**Location**” and check the “**Assessing/Rehabilitating Pelvic Musculature**” box under the “**Controlled Acts**” section
- 4** Select the “**Advanced Search**” button
- 5** This will give you with a list of Pelvic Health Physiotherapists in your city

Learn more at

NiagaraHealth.on.ca/Giving-Birth

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