

# Please Hold

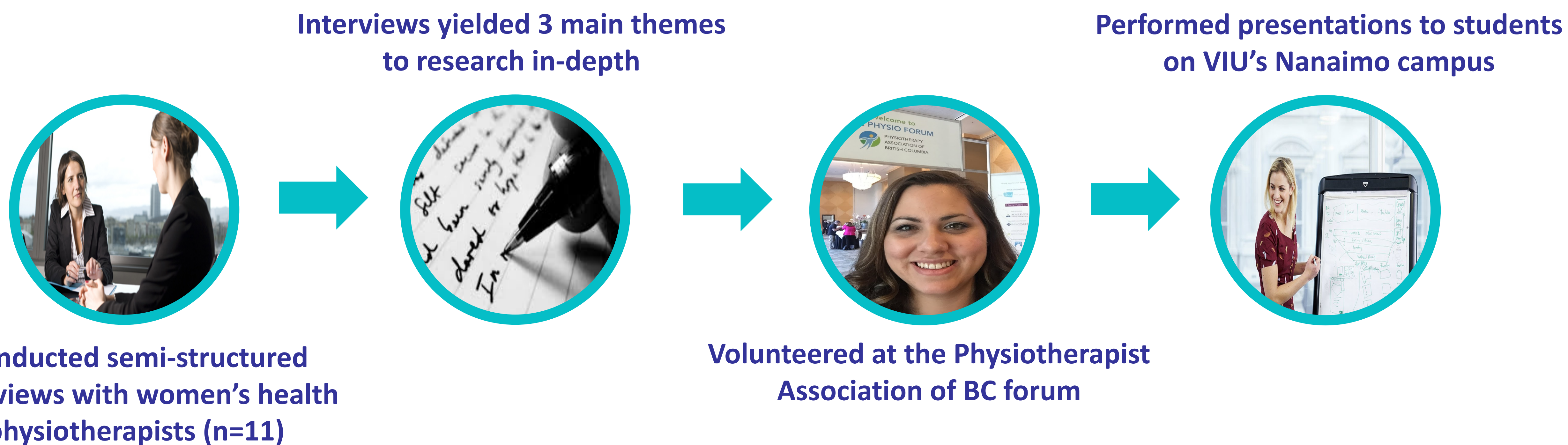
## Women's Health Issues in Physical Therapy

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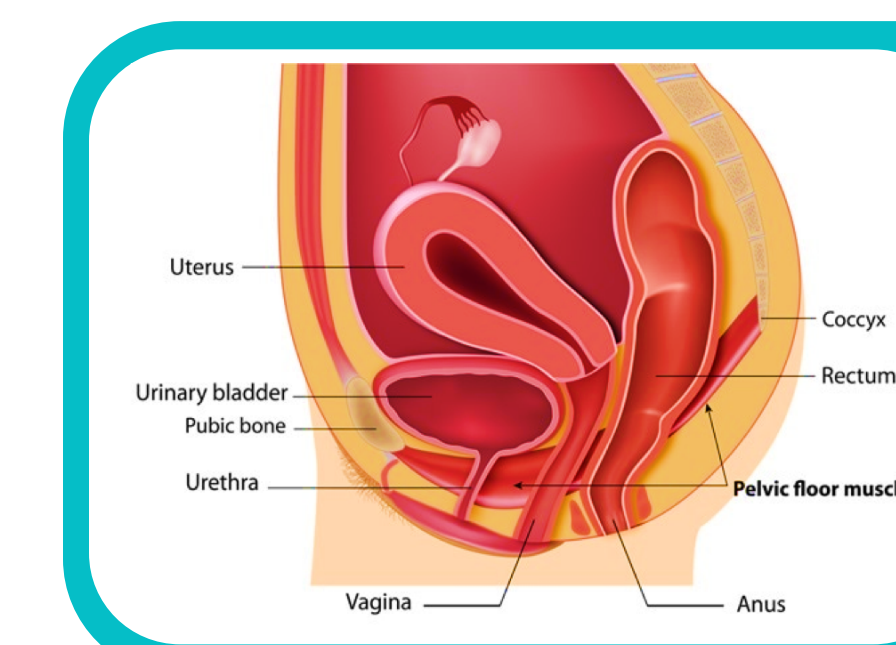
### Introduction

Common women's health issues such as urinary incontinence (UI), pelvic girdle pain (PGP), and diastasis rectus abdominis (DRA) are not generally spoken about. These issues can have detrimental effects to our health care system and to the person suffering. **The purpose of this project is to develop a depth of knowledge about common women's health issues treated by physiotherapists. This knowledge will prepare me for the pursuit of a Master's in Physiotherapy.**

### Methods



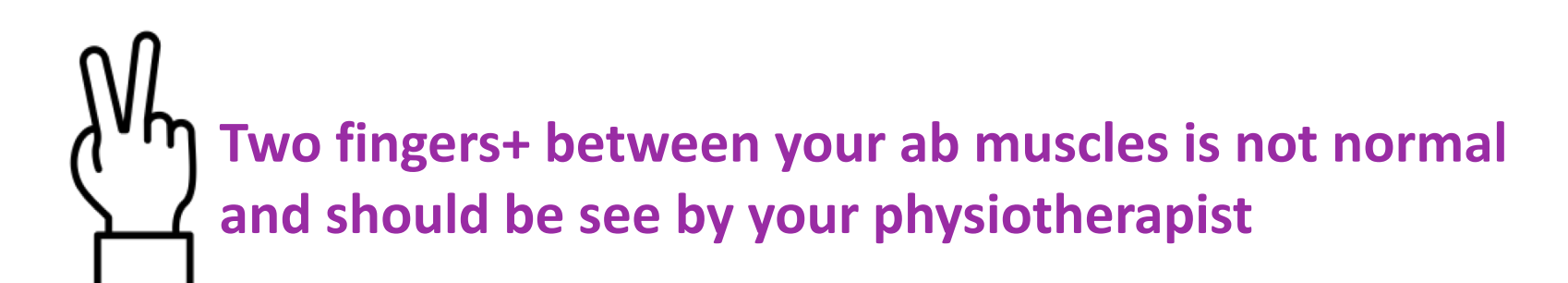
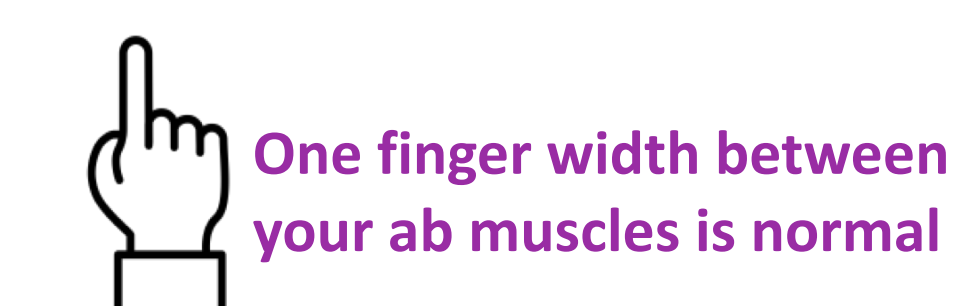
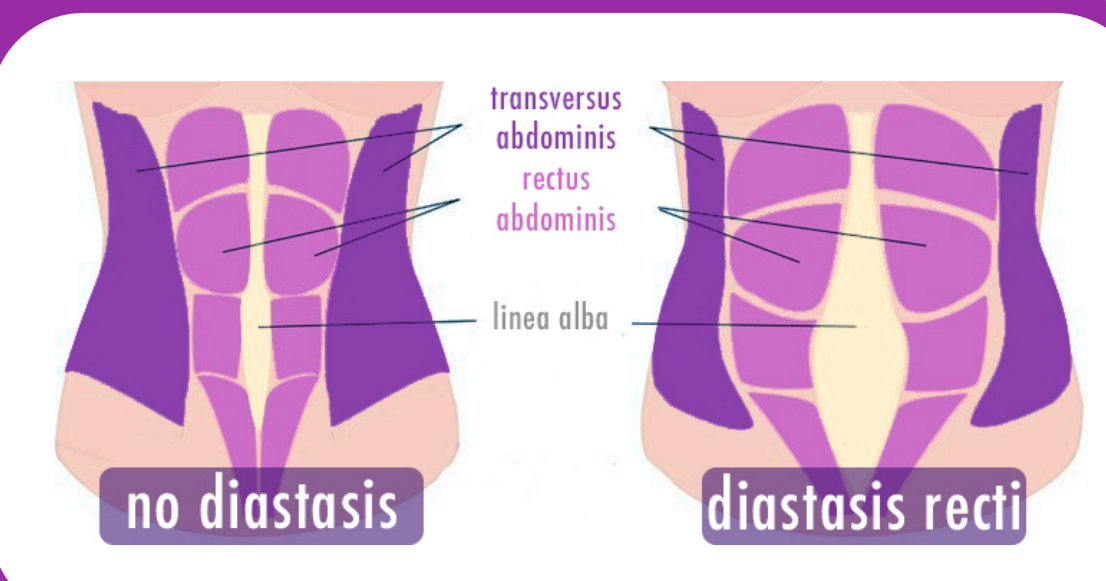
### Pelvic Floor Dysfunction



Commonly causes urinary incontinence (UI). Treatments include pelvic floor muscle exercises to strengthen the muscles, or relaxation techniques to reduce tension in the muscles. **1 in 5 of women with UI will have 1 or more episodes of major depression.** \$3.5 Billion dollars per year are spent on UI.

### Diastasis Rectus Abdominis

Diastasis rectus abdominis (DRA) is a stretching of the linea alba, the connective tissue that holds together the abdominal muscles. It is commonly seen in pregnant and postpartum women. **A physiotherapist will assess the gap** between the rectus abdominis muscles to determine the severity. Treatments include massage and/or muscle training.



### What The Professionals See

**1 in 3** Women suffer from pelvic floor dysfunction

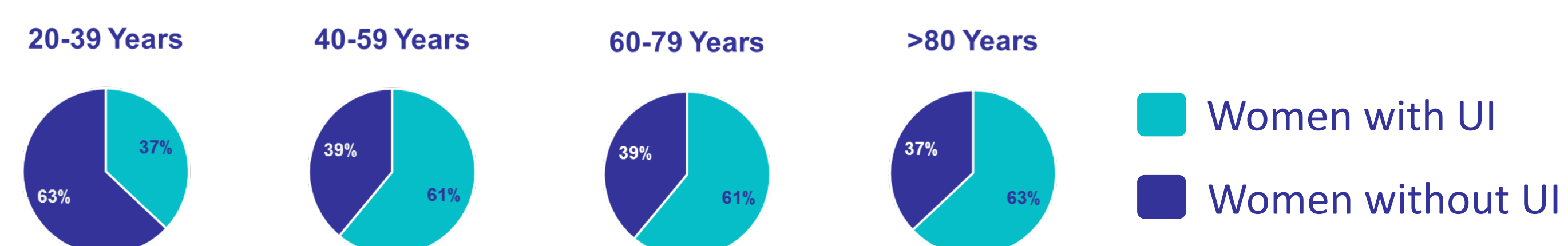


Figure 1. Prevalence of UI in women around the world

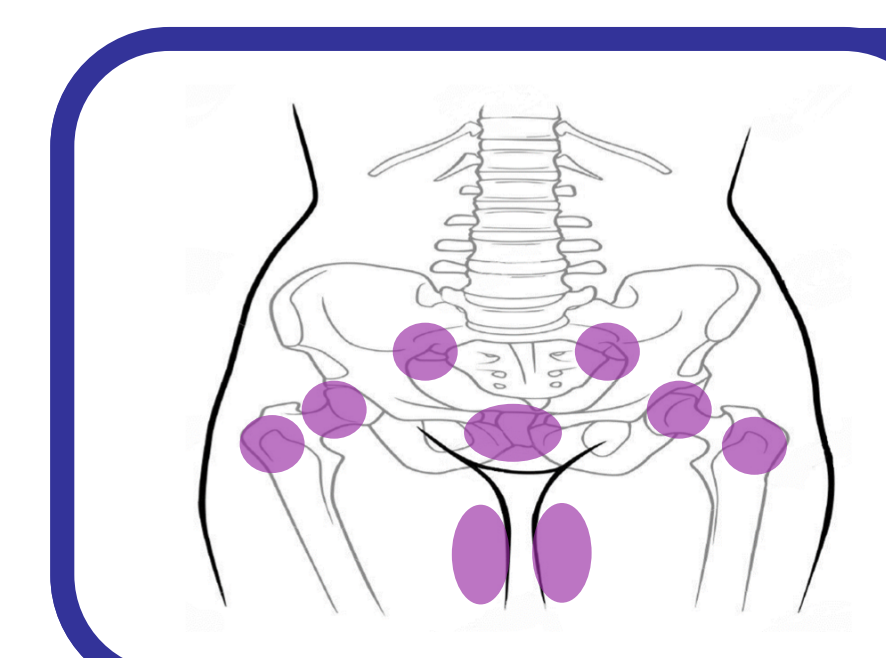


Figure 2. The prevalence of PGP in pregnant women.

### Let's Talk

**Normalization of issues such as UI, PGP, and DRA are preventing women from seeking help.** Although these issues are common, they are not normal and need to be seen to by a physician. With continued education many women may find relief from symptoms. These issues need to become less stigmatized.

### Pelvic Girdle Pain



Pelvic girdle pain (PGP) is commonly experienced after 18 weeks gestation in pregnancy. **It can affect mobility and quality of life.** A physiotherapist may use the Faber test to assess PGP. Treatments include exercises to strengthen the pelvic floor and abdominal muscles.