

TRANSCRIPT OF MEDIA CLIPS-Pelvic Floor therapy

Rachel Williams, physical therapist OSF HealthCare

Williams says specially-certified physical therapists take a holistic approach to figuring out what's wrong.

"We look at soaps. We look at diet. We look at lifestyle. We look at behavior, stress. Stress is huge." Williams explained, "When you're stressed, your muscles spasm. Your pelvic floor is a muscle and the next thing you know, you're going to the bathroom all the time. So, something as simple as that can make a big difference." (:14)

Some patients can benefit from internal muscle manipulation but only if a patient is comfortable pursuing that kind of treatment.

"Sometimes if somebody is not comfortable with that internal treatment, we can just do stretching and relaxation techniques but there's also a way of doing internal manipulation to those muscles and some kind of abdominal myofascial release (gentle sustained pressure on connective tissue) to kind of release some of the restrictions." (:15)

Have a frank conversation with your primary care provider or specialist about what you're experiencing.

"People forget that your bladder is a muscle so it can be trained just like any muscle in your body. So, there is a lot of education on bladder health; what is normal. People think, 'Oh I just get up and go to the bathroom three times throughout the night, isn't that normal?' No, that's not really normal." (:14)

Williams suggests specifically asking if pelvic floor physical therapy could be a helpful option. It can be prescribed separately or along with other treatments or medications.

"I'm glad to speak to the physician and they are pleasantly surprised with the patients' success." (:04)