

BROADCAST-Pelvic Floor therapy can help relieve pain, bladder, bowel, even spine issues

Social Media post brings attention to the importance of pelvic muscles

Anchor Lede:

Brittany Mahomes, the wife of Kansas City Chief quarterback Patrick Mahomes, recently shared on social media that she fractured her back, possibly due to a weak pelvic floor. What is the pelvic floor, and can it impact back issues?

VO or Radio Package

RUN TIME :43

Pelvic floor muscles work within the abdomen, diaphragm and back to support the spine and pelvic organs such as the bowel and bladder.

OSF Physical Therapist Rachel Williams says pregnancy and lifestyle can contribute to pelvic floor-related issues such as pain and incontinence when muscles are weak or too tight.

SOT-Rachel Williams

:14 OC:"... BIG DIFFERENCE."

"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."

Therapy can include exercises to strengthen the pelvic muscles and guided meditation to loosen overly tight muscles in the pelvic floor. (I'm Colleen Reynolds)

ANCHOR TAG: If you're having issues, contact your primary care provider who can make a referral for this specialized physical therapy.