

Soundbite Script – Breaking the stigma of pelvic floor dysfunction

Tracy Gallagher, physical therapist, OSF HealthCare

"I became interested in it because I had family members that were living with incontinence. I think people sometimes feel that it's normal, especially after pregnancy, and they're not aware that help is out there. As I looked into pelvic floor therapy I knew I wanted to help that population and bring more awareness to it." (:30)

Tracy Gallagher, physical therapist, OSF HealthCare

"Pelvic floor dysfunction is the inability to control and contract and relax the pelvic floor muscles. That can create different issues, such as chronic constipation, urinary or fecal incontinence or pain." (:19)

Tracy Gallagher, physical therapist, OSF HealthCare

"Post-partum patients might have some pelvic pain, or they might have pain around their incision site. If they had a C-section, we could address that with manual therapy," she says. "We can teach them exercises that might help if they're having urinary incontinence or any issues in that area as well." (:22)

Tracy Gallagher, physical therapist, OSF HealthCare

"We utilize various manual techniques, breathing activities, exercises, there's pelvic floor relaxation positions that people can get into to kind of help relax those muscles and decrease the pain. Sometimes pelvic floor therapy might help lower back pain or pelvic pain that somebody's been having for an amount of time and tried other traditional orthopedic therapies." (:27)

Tracy Gallagher, physical therapist, OSF HealthCare

"They're embarrassed because they might have symptoms that may include incontinence or pain. Our goal is to give them that comfort level to attend therapy and return to that quality of life." (:13)