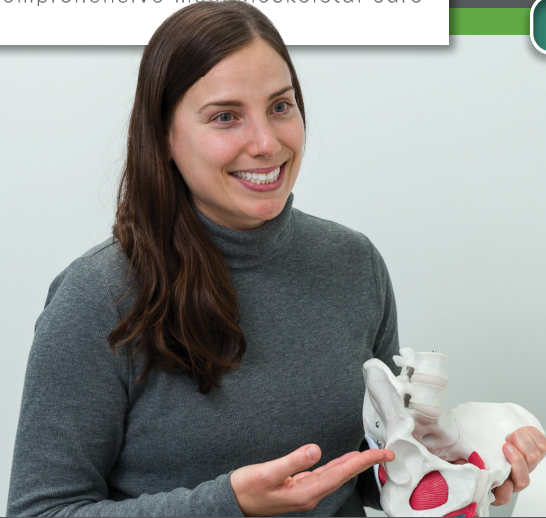


**SCHEDULE YOUR  
APPOINTMENT TODAY!**



## **THE MSK CENTRE IS NOW OFFERING PELVIC FLOOR PHYSIOTHERAPY**

### **WHAT IS PELVIC FLOOR PHYSIOTHERAPY?**

Pelvic floor physiotherapy is a specialized branch of physiotherapy that focuses on the muscles, ligaments, and connective tissues of the pelvic floor. The pelvic floor is a group of muscles at the base of the pelvis that supports the organs in the pelvis, including the bladder, uterus, and rectum. Pelvic floor physiotherapy is designed to assess, treat, and rehabilitate various conditions related to the pelvic floor. Here are some aspects of pelvic floor physiotherapy:

- Initial Assessment and Examination
- Follow-Up Treatments with Individualized Treatment Plans
- Exercises and Rehabilitation Program
- Education and Awareness

### **WHAT DO WE TREAT?**

At MSK Pelvic Floor Physiotherapy, we treat a wide range of pelvic floor issues for both women and men, such as:

- Persistent Pelvic Pain
- Pregnancy and Postpartum Issues

- Pelvic Organ Prolapse
- Perimenopause and Menopause Pelvic Health Issues
- Dysmenorrhea (painful menstruation)
- Dyspareunia (pain during intercourse)
- Issues with Bladder and Bowel Control (incontinence, urgency, frequency, constipation)
- Sacroiliac Joint Dysfunction
- Interstitial Cystitis
- Chronic Prostatitis
- Vulvodynia and Vaginismus
- Rectus Diastasis
- Post Prostatectomy Pelvic Health Issues

*Continued on next page.*



# WORD SEARCH

Z P R E G N A N C Y P J T F K  
 H T D Y S M E N O R R H E A D  
 T P P C M K V X Q C E R V I X  
 S V V C A J Z T H S W W T H I  
 I N C O N T I N E N C E Z H F  
 T H B C P T T M Z Y U D T B P  
 P B F C G W F E M W I L A W O  
 R L K Y X M J N D O S S X H S  
 O A E X D A M O Y W Q J U C T  
 S D G B M H L P S A I L T L P  
 T D E H W A H A P S L J E O A  
 A E L V D O M U A K O T R K R  
 T R S T Q T D S R W A T U U T  
 E W J L B U F E E S U C S D U  
 C C Q O K O R V U O K S P N M  
 T N O Q X Z Q E N G L A Q A F  
 O O S R B Y F A I X O C I H Y  
 M A P F M A E W A X X R X S S  
 Y K T P E L V I C Y Q U F O O  
 D N Q H U S K C X Q I M W K Q

Pelvic	Incontinence	Dyspareunia
Uterus	Cervix	Dysmenorrhoea
Pregnancy	Sacrum	Menopause
Postpartum	Coccyx	Kegels
Bladder	Prostatectomy	



## SHARE YOUR STORY!

### DON'T KEEP US A SECRET!

Scan the QR code with your smart phone and leave a review for our practice to help us connect with the community!



*Continued from outside.*

### STATISTICS FOR PELVIC FLOOR

- Did you know that 1/4 of all Canadian women are affected by pelvic floor disorders?
- Did you know that 1 in 3 women in Canada will suffer from incontinence?
- Did you know that more than 40% of women in Canada will experience pelvic organ prolapse in their lifetime?
- Did you know that 1 in 8 men in Canada have issues with their pelvic floor, bladder, or bowel?

### BENEFITS OF PELVIC FLOOR PHYSIOTHERAPY

Pelvic floor physiotherapy offers several benefits for individuals experiencing pelvic floor issues. Here are some key advantages:

- Improved Pelvic Floor Function
- Treatment of Incontinence
- Prevention and Rehabilitation During Pregnancy and Postpartum
- Enhancing Core and Pelvic Floor Stability and Strengthening
- Enhanced Sexual Function
- Increased Awareness and Education
- Improved Quality of Life and Preventive Care

**Ready to get started? Call us to schedule your initial consultation today!**



CALL **855.483.4817** OR VISIT **WWW.MSKCENTRE.CA** FOR MORE INFO

## STAFF SPOTLIGHT

### MEET YOUR PELVIC FLOOR PHYSIOTHERAPIST

#### ADRIENNE PALIYATH

**B.S.C. (KIN), M.S.C. (P.T.)**

**REGISTERED PHYSIOTHERAPIST**

**REGISTERED PELVIC FLOOR PHYSIOTHERAPIST**



Adrienne Paliyath graduated from the Masters of Physiotherapy program at McMaster University in 2011 and is a graduate of Wilfrid Laurier University where she received a Bachelor of Science (Honours) in Kinesiology and Physical Education in 2008. She has additional clinical experience as a Kinesiologist (2008-2009), working both in long term care homes and in a gym setting with personal trainers and other health care professionals. Adrienne has worked at different physiotherapy clinics in Guelph, Waterloo and Cambridge and has worked at Cambridge Memorial Hospital on

all floors, has successfully completed her Intermediate Manual Therapy Examination through the Orthopaedic Division of the Canadian Physiotherapy Association, and has also completed coursework on shoulder disorders and post surgical rehab, post concussion syndrome, chronic pain and sensitized nervous systems, the use of tape for therapeutic benefits, McKenzie Part A: lumbar spine and McGill Level 1 - building the ultimate back. Adrienne has also worked with a variety of post surgical patients at Cambridge Memorial Hospital on the rehab unit as well as the ICU and Emergency Department. Adrienne has been a certified Pelvic Health Physiotherapist since 2015. She has completed Levels 1-3 through Pelvic Health Solutions and has completed a variety of courses on diastasis recti, pregnancy and postpartum care, Piston Science, mobilization of visceral fascia, cesarean births, spinal manual therapy for pelvic health and pelvic organ prolapse and the female athlete. She treats both males and females for a variety of pelvic health concerns including bowel and bladder issues, pregnancy and postpartum issues, perimenopause and menopause pelvic health issues, post prostatectomy pelvic health issues and pelvic pain. Adrienne is a strong proponent of evidence-based care and believes in exercise as medicine.

## AT-HOME EXERCISE

### ABDOMINIS BRACING WITH PELVIC FLOOR CONTRACTION

2 Sets | 1 Reps | 30 Second Hold

Start by lying on your back with your knees bent. Contract your pelvic floor muscles. Gently draw your belly button in toward your spine to brace your inner abdominal muscles. Hold as directed. Make sure to keep your back straight and do not hold your breath. Continue as directed by your provider.



Always consult your physiotherapist or physician before starting exercises you are unsure of doing.



## SUCCESS STORIES

“Adrienne is an amazing pelvic floor physiotherapist. I had never been to a pelvic floor physiotherapist before and was very nervous before having my first appointment with her. But she was so understanding of that and explained every part of the assessment and treatment process to me. She was very kind, gentle, and patient with me during the examination as well and always made sure I felt comfortable during every minute of my appointment. I would highly recommend Adrienne to anyone having any pelvic floor issues.”

-M.C.



# COME BACK TO MSK!

HAS YOUR PAIN RETURNED?

Call today to schedule an appointment!

# 855.483.4817

Or request an appointment online at

[www.mskcentre.ca](http://www.mskcentre.ca)

# PELVIC FLOOR PHYSIOTHERAPY FAQs

## WHAT ARE PELVIC FLOOR EXERCISES?

Pelvic floor exercises involve contracting and relaxing the muscles of the pelvic floor. These exercises can help strengthen the pelvic floor muscles, which support the bladder, bowel, and uterus. Pelvic floor exercises are beneficial for both men and women experiencing pelvic floor issues and can benefit your pelvic health and overall well-being. Benefits of pelvic floor exercises include:

- Strengthen pelvic floor muscles
- Provide support and relief for pelvic floor disorders
- Improved bladder and bowel control
- Preparation for and recovery from childbirth
- Prevention of pelvic organ prolapse
- Enhanced sexual function
- Increased awareness of pelvic floor muscles

## PELVIC FLOOR PHYSIOTHERAPY FAQs

### Question: What are the fees for Pelvic Floor Physiotherapy?

Answer: The assessment is \$130 and follow up treatments are \$95. Direct billing to insurance is available.

### Question: Do I need a referral from a doctor to make an appointment to see a Pelvic Floor Physiotherapist?

Answer: No, you do not need a referral to book an assessment with a Pelvic Floor Physiotherapist.



### Question: Can I come to my appointments if I have my period?

Answer: Of course, we are still able to continue with your appointments if you have your period. For your comfort, we can only do external treatment during your appointment if you would like or use extra care when doing internal treatment.

### Question: How many appointments do I need?

Answer: During your assessment, you and your Pelvic Floor Physiotherapist will discuss a treatment program and will book follow up appointments depending on the treatment program discussed during the assessment.

### Question: Is an internal exam mandatory?

Answer: No, your assessment and follow up treatments can be done without an internal exam. If you decide to continue with an internal exam, it is important to understand that you are in control of your appointment and you may take breaks or stop treatment at any point during your assessment and treatments. Our main priority is that every patient feels comfortable during their appointments.

### Question: Do I get exercises that I can work on at home?

Answer: Yes, your Pelvic Floor Physiotherapist will develop a home exercise program for you during your assessment. Patients will be taught how to do their pelvic floor exercises during their appointments.



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