

Amy Hill Fife MPT, WCS, BCB-PMD

PHYSICAL THERAPY

What is Pelvic Physical Therapy?

Pelvic Physical Therapy is physical therapy for the pelvic floor muscles and the surrounding structures.

The pelvic floor muscles have several functions:

- 1) To support our organs, including the bladder, bowel, vagina, ovaries, uterus & prostate.
- 2) To assist in starting (relaxing the muscles) or stopping (contracting the muscles) the flow of urine, passage of gas or passage of stool.
- 3) To provide a rhythmic muscle contraction for sexual appreciation.
- 4) To assist the abdominal muscles in core stability.

The pelvic floor muscles can become weak, tight, knotted or unable to contract & relax correctly due to injury, illness, infection, pregnancy, postural habits or surgery.

This is referred to as Pelvic Muscle Dysfunction and may occur in women, men and children.

Pelvic Muscle Dysfunction may affect your bladder, bowel, sexual health or core stability.

- Problems that may occur include: leaking urine or stool, having to rush to the bathroom, difficulty urinating, constipation, bladder or rectum falling down (pelvic organ prolapse), pain with intercourse, pelvic pain, low back pain, difficulty after abdominal/pelvic/low back/hip surgery, difficulty during pregnancy & after delivery (vaginal or C-section).

Amy Hill Fife, MPT, WCS, BCB-PMD

Physical Therapist

Board Certified Women's Clinical Specialist

Board Certified Biofeedback Pelvic Muscle Dysfunction

Since 1999, Amy has specialized in orthopedic, women's and pelvic health physical therapy. She is the **first** Board Certified physical therapist in women's health and pelvic muscle dysfunction biofeedback serving the region between Denver and Salt Lake City. Amy's mission is to promote health and wellness through personalized and compassionate physical therapy care.



**Call today for an
appointment:**

970-589-9049