

Specialized Pelvic Floor Physiotherapy for People of All Ages

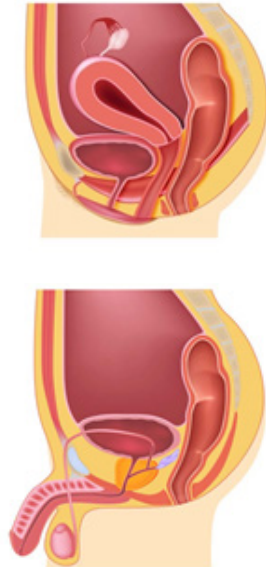


Functional Disorders of the Pelvic Floor

The pelvic floor refers to the functional unit consisting of muscles, ligaments, fasciae and the pelvic organs bladder, uterus and rectum. The approximately hand-sized flat muscle group closes the bony pelvis in men and women.

A dysfunction of the pelvic floor can lead to loss of urine or stool, constant urge to urinate or defecate, prolapse symptoms, pain, but also bladder or bowel emptying disorders or impaired sexual function.

Risk factors for pelvic floor dysfunction include pregnancy and childbirth, surgery or radiation in the pelvic area, neurological or congenital diseases, physical exertion (chronic coughing, heavy pushing during bowel movements, obesity) and age.



This Is pelvisuisse

pelvisuisse is the association of Swiss pelvic floor physiotherapists. pelvisuisse is committed to high quality treatment and raising awareness of this specialization in physiotherapy among both patients and health professionals.

Pelvic Floor Physiotherapy

Specialized pelvic floor physiotherapists can determine through assessment and examination, whether the pelvic floor muscles have too much or too little tension, endurance and strength. The aim is to normalize muscle tension and build up strength and endurance to provide enough support in everyday life and sufficient relaxation, e.g. on the toilet.

In addition to optimizing muscle function, behavioural adjustments are an important part of the therapy. Depending on requirements, biofeedback, electrical stimulation or other aids may also be used.



The referral to individual pelvic floor physiotherapy is made by your doctor. The costs are covered by the basic insurance of your health insurance.

On the website www.pelvisuisse.ch you can find a qualified pelvic floor therapist in your vicinity in Switzerland.

www.pelvisuisse.ch/therapeutinnen-suche

