



Pelvic Health & Menopause

Pelvic health physiotherapy focuses on the assessment and treatment of various musculoskeletal, neuromuscular, and connective tissue dysfunctions in the pelvic area. Pelvic health physiotherapy can be beneficial in addressing the genitourinary syndrome of menopause (GUSM).

Some of the symptoms of GUSM include:

- Vaginal dryness, burning and itchiness: Lower estrogen levels can lead to reduced vaginal lubrication, making intercourse uncomfortable or painful leading to low libido.
- Lower Urinary Tract Symptoms (LUTS):
 - Urinary incontinence: The pelvic floor muscles, which help control bladder function, may weaken leading to issues like stress incontinence (leakage when coughing, sneezing, or laughing) or urge incontinence (sudden strong urge to urinate).
 - Urinary urgency: An increased urgency to urinate, leading to more frequent trips to the bathroom.
 - Urinary tract infections (UTIs): Reduced estrogen levels can make the urinary tract more susceptible to infections.
- Pelvic Organ Prolapse (POP): Weakening of the pelvic floor muscles can contribute to the descent of pelvic organs (bladder, uterus and/or rectum)

Pelvic health physiotherapy targets the pelvic floor muscles and surrounding structures. A pelvic physiotherapist can design personalized exercise programs to strengthen and tone the pelvic floor muscles, helping to improve bladder control and alleviate symptoms GUSM. IT can also include techniques, such as manual therapy, biofeedback, and relaxation exercises, to help manage pelvic pain, improve vaginal tone, and address issues related to sexual health.

It's essential for women experiencing GUSM to seek help from healthcare professionals, including pelvic health physiotherapists, gynaecologists, or urologists. A comprehensive approach that includes lifestyle modifications, hormone therapy, and pelvic health physiotherapy can often yield the best results in managing these symptoms and improving overall quality of life.



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