

# What is Pelvic Floor Dysfunction (PFD)

A condition where pelvic floor muscles are either under-active or over-active, creating weakness or excessive tone. This muscle dysfunction can alter bladder and/or bowel habits as well as sexual function. PFD is very common; at least 1/3 of women are affected by it at some point in their lifetime.



Certified Pelvic Health Therapist via  
Herman & Wallace Pelvic Rehab Institute

## CARE TEAM



**Hayley Abell**  
PT, DPT, Cert-DN



**Brooke Bishop**  
PT, DPT, Cert-DN



# Contact Us

**HAMPTON COVE\***  
6501 US Highway 431 South, Suite C  
Owens Cross Roads, AL 35763  
Phone: 256-824-9100  
Fax: 256-936-5478 (JHPT)

**MADISON - HUGHES RD.\***  
97 Hughes Rd., Ste P  
Madison, AL 35758  
Phone: 256-774-2978  
Fax: 256-774-2979

\*Pelvic Health is offered at the following locations:  
Hampton Cove and Madison - Hughes Rd.

**HUNTSVILLE**  
4240 Balmoral Drive, SW #100,  
Huntsville, AL 35801  
Phone: 256-883-1970  
Fax: 256-883-1336

**MADISON - BALCH CROSSING**  
8490 Hwy 72 W, #120  
Madison, AL 35758  
Phone: 256-325-1699  
Fax: 256-325-1711

**GUNTERSVILLE**  
1302 Gunter Ave  
Guntersville, AL 35976  
Phone: 256-860-4050  
Fax: 256-860-4044

Call to schedule a free 15 minute  
phone assessment with one of our  
therapists.

[www.johnsonandhayes.com](http://www.johnsonandhayes.com)

[WWW.JOHNSONANDHAYES.COM](http://WWW.JOHNSONANDHAYES.COM)



**JOHNSON & HAYES**  
PHYSICAL THERAPISTS™

# PELVIC HEALTH

## PHYSICAL THERAPY

**REGAIN CONTROL  
OF YOUR LIFE**

## Common Symptoms:

- Urinary or fecal leakage with coughing, sneezing, laughing, yelling, running, jumping, lifting
- Urinary or fecal leakage on the way to the bathroom
- Use of the bathroom more than 6 times a day or more than once a night
- Using the bathroom "just in case" you won't be near one in the next two hours
- Pelvic or lower abdominal pressure
- Unable to fully void
- Urge to go to the bathroom after just going
- Need to change body position to defecate
- Constipation
- Pelvic pain or burning
- Pain with use of tampon or intercourse

## What can cause PFD?

- Poor posture
- Excessive coughing, lung disease
- Pregnancy
- Constipation
- Abdominal surgery
- Pelvic procedures
- Labor complications
- Menopause
- Obesity
- Repetitive heavy lifting
- Consumption of bladder irritants
- Smoking
- Poor bladder habits

## What can I expect on my Initial Evaluation?

Our therapist will ask you about your medical history and current symptoms.

We will discuss your concerns and examine your spine, hips, and pelvic floor (external examination with your clothes on).

If necessary, on a subsequent visit, an internal exam may be warranted (only with your permission and at your comfort level).

Together, you and our Therapists will come up with a treatment plan that addresses your goals. We will explain the plan of care and how we will accomplish your goals.

## Common Diagnoses We Treat

- Pelvic floor dysfunction
- Diastasis recti
- Sacroiliac joint dysfunction
- Nerve pain/Radiating pain
- Low back pain
- Hip pain
- Neck and upper back pain
- Post pelvic or abdominal surgery
- Core weakness
- Prenatal/Postnatal care
- Pain during pregnancy
- Pelvic Pain
- Coccydynia
- Dyspareunia
- Painful Bladder Syndrome
- Prolapse (Pelvic, Urinary, Rectal)
- Fecal Incontinence
- Urinary Incontinence
- Constipation

## Common Treatments:

Treatment is based on your needs and may include:

- Pelvic floor strengthening
- Core strengthening
- Manual soft tissue mobilizations
- Manual joint mobilizations
- Diaphragmatic breathing
- Relaxation techniques
- Postural strengthening
- Scar tissue mobilization
- Education on bladder training, diet, and behavioral interventions

## Frequently Asked Questions:

**Q:** Can I use insurance?

**A:** Yes, we take most insurances.

**Q:** What should I wear?

**A:** Clothing you feel comfortable moving around in, preferably not jeans or thick materials.

**WE CARE ABOUT  
THE WHOLE YOU**

