

Physiotherapy

Pelvic floor dysfunction: assessment & treatment

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7th February 2018

Learning outcomes

- Pelvic floor dysfunction – who is at risk?
- Pelvic floor dysfunction – weak vs overactive
- Pelvic floor anatomy
- Pelvic floor dysfunction in pregnancy
- 6 week postnatal check
- Pelvic floor assessment
- Pelvic floor muscle rehabilitation
- Teaching pelvic floor exercises

Pelvic floor dysfunction: who is at risk?

- Pregnant women
- Postnatal women
 - Instrumental delivery
 - 3rd or 4th degree perineal tear
 - Wound breakdown
- Peri- and post-menopausal women
- High body mass index
- Millennials / Generation Z



Pelvic floor dysfunction: weak vs overactive

WEAK

- Large hiatus
- Pelvic organ prolapse
- Stress / Urgency / Mixed urinary incontinence
- Faecal urgency +/- incontinence
- Flatal incontinence

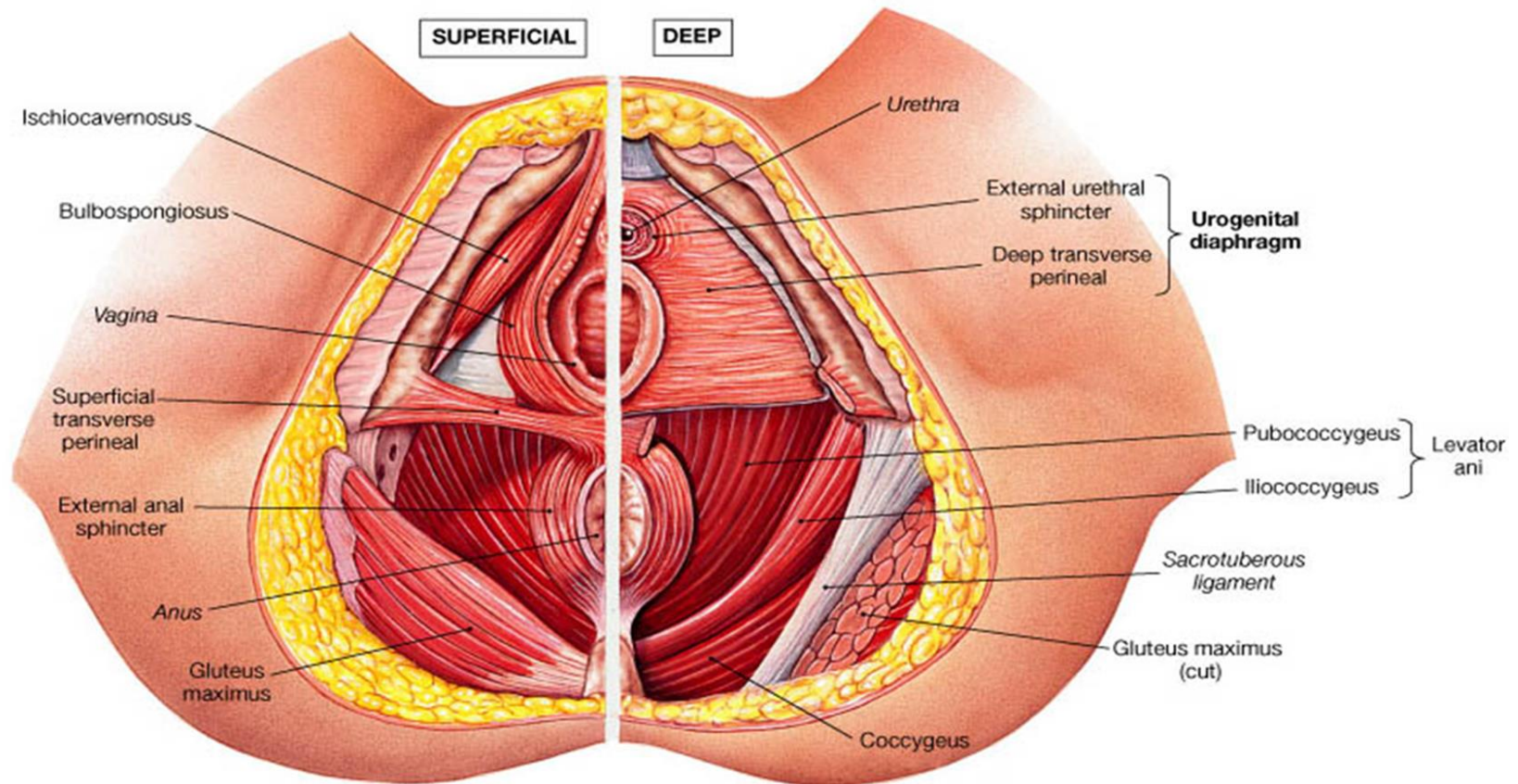
OTHER

- Skin problems

OVERACTIVE

- Small hiatus
- Urinary urgency & frequency
- Voiding dysfunction
- Bladder pain syndrome
- Evacuation disorders
- Sexual dysfunction
- Pain with tampons / smear tests?
- Endometriosis?
- IBS?

The normal pelvic floor: anatomy



(a) Female

Pelvic floor dysfunction: pregnancy

- Isn't leakage normal?
- More than 1/3rd experience urinary incontinence in 2nd and 3rd trimesters
- 1/4 experience faecal or flatal incontinence in late pregnancy
- Constipation

Pelvic floor dysfunction: pregnancy

- Better Births
 - Safe
 - More personalised
 - Kinder
 - Professional
 - More family friendly
 - Access to information & support



BETTER BIRTHS

Improving outcomes of
maternity services in England

A Five Year Forward
View for maternity care



Pelvic floor dysfunction: pregnancy

<https://www.england.nhs.uk/wp-content/uploads/2016/02/national-maternity-review-report.pdf>

- The check should include assessing:
 - how a woman has made the transition to motherhood, including her mental health
 - her recovery from the birth, using direct questions about common morbidities
 - longer term health risks for any morbidity identified
 - any further help she might need whether connected with the birth or not
 - what advice she might need about future family planning

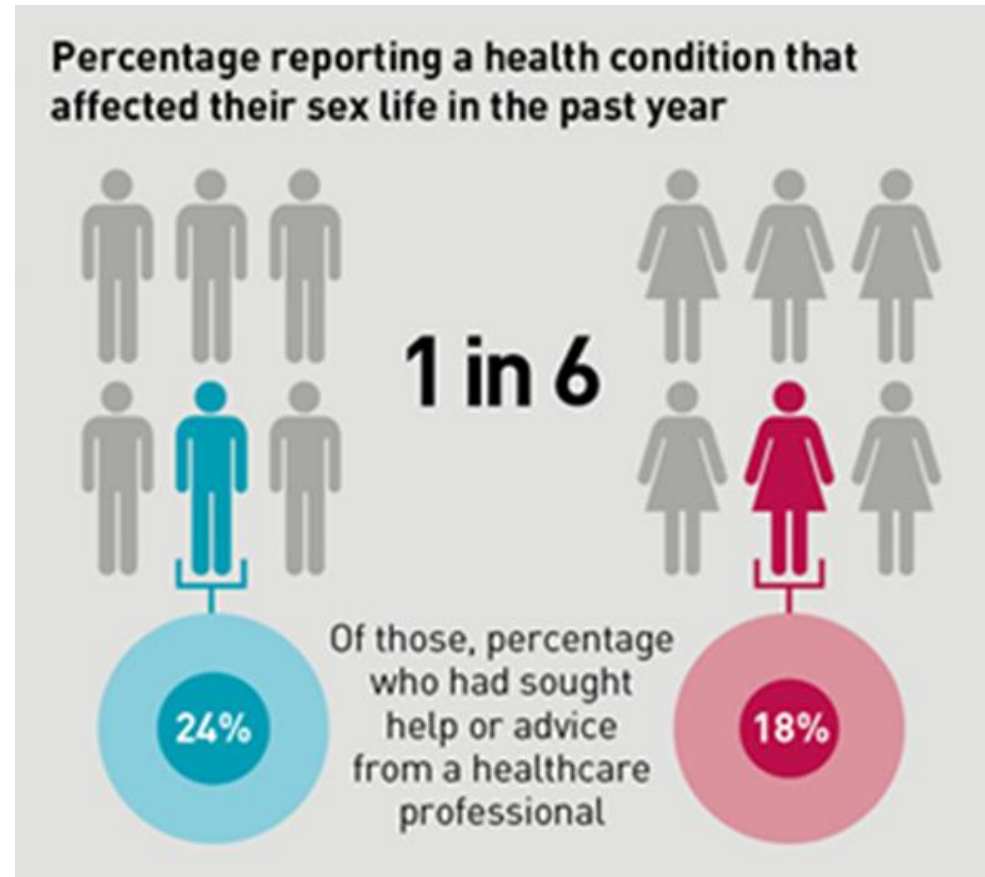
6 week postnatal check: questions to ask

- Pain?
- Stitches?
- Bladder function?
- Bowel function?
- Return to sex?

How good are we asking about sex?

Study 2009:

- GPs ask patients <25% of the time
- Secondary care - 50% of the time
- Due to lack of time and training



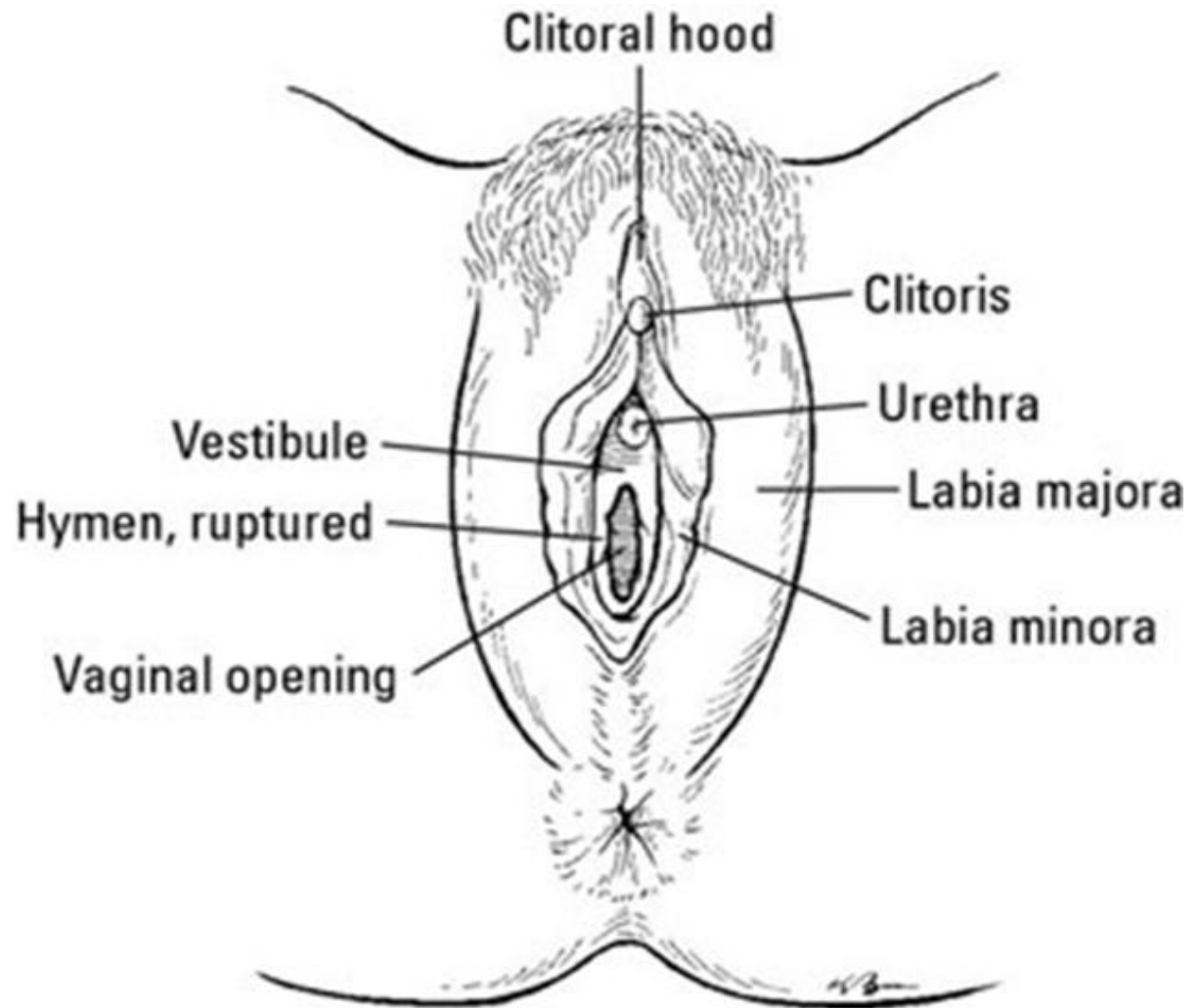
Pelvic floor assessment:

<https://www.augs.org/patient-services/pop-q-tool-interactive/>

LISTEN

LOOK

FEEL

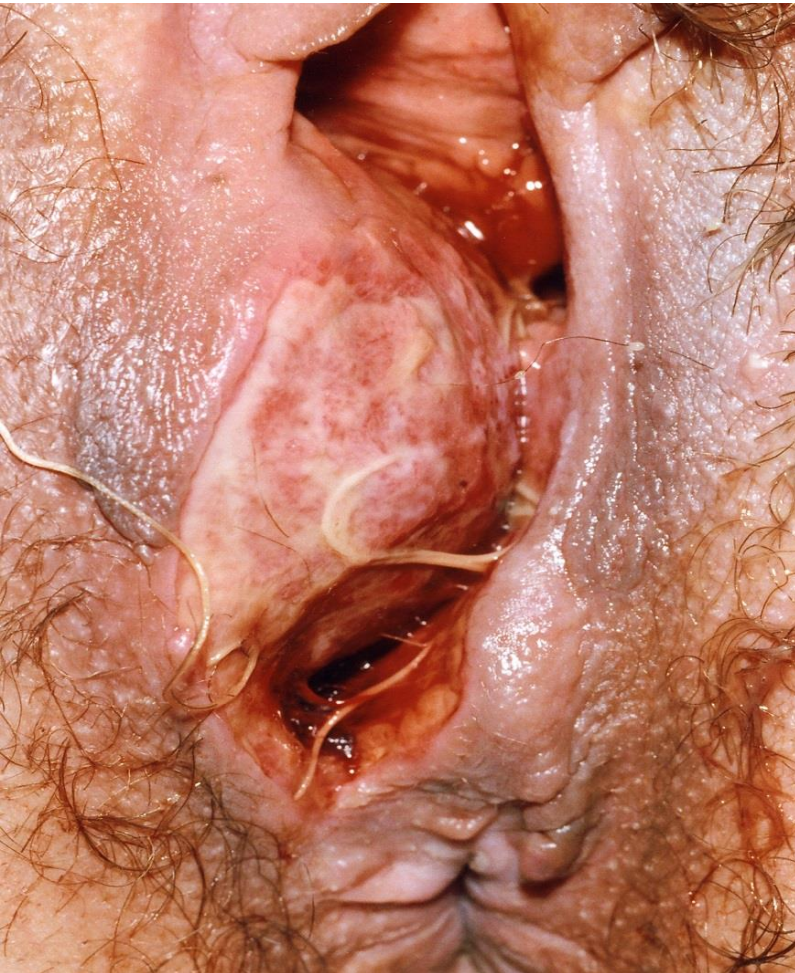


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Vaginal / vulval examination: wound breakdown & abscess formation



Vaginal / vulval examination: granulation tissue



Vaginal / vulval examination: granulation tissue



Pelvic floor muscle rehabilitation: pregnancy & postnatal

- Start in pregnancy ASAP (Cochrane review 2017)
- Start pelvic floor muscle exercises ASAP postnatally to reduce hiatus
- Gradual return to exercise
- Sex – all women should use lubricant

Teaching pelvic floor muscle exercises

- Not just about a leaflet – 80% get it wrong
- Technique?
- Frequency?
- Repetitions?
- Type?
- For lifetime?
- Gadgets/devices?



Any concerns?

Refer to women's health physiotherapy



EXCELLENCE
MATTERS

Thank you for listening.
Any questions?