

## Did you know?

- 42% of women have urine incontinence during pregnancy
- 38% of women have urine incontinence post-partum  
(Kari Bø, Siv Mørkved 2000)
- 29% of women have fecal incontinence post-partum  
(Guise et al. 2007)

## Remember:

- You should **not** leak urine, gas, or stool when you laugh, cough, sneeze, lift, jump or run.
- You should **not** have ongoing pelvic or back pain.
- You should **not** feel pressure or heaviness in your vagina or rectum.
- You should **not** have pain during intercourse.

*But if you do...we can help!*

Even though pelvic floor challenges are common, they are treatable and you should not have to live with them. Pelvic health physiotherapy can help you regain control, maximize your function and recovery, and improve your wellbeing after childbirth. **An internal examination is required to treat all pelvic floor dysfunctions.**

Find a physiotherapist in your area:  
[www.physiotherapy.ca/Divisions/Womens-Health](http://www.physiotherapy.ca/Divisions/Womens-Health)



*This brochure is endorsed by the Women's Health  
Division of the Canadian Physiotherapy Association*

*Prepared by the Pelvic Health Physiotherapists of Alberta (PHPA).*



# Pelvic Health Physiotherapy: During Pregnancy and Beyond

Our goal is to empower women with the knowledge, guidance, and exercises needed to meet the challenges that pregnancy and childbirth may bring.

Although a natural event, recovering from pregnancy and birth may require some attention from you.

Knowing when to see a pelvic health physiotherapist can optimize your body's function and well-being. We will help guide you through this very important time of your life

