
SIGNS OF PELVIC FLOOR DYSFUNCTION

Many people assume that changes are "normal" after giving birth. You do not have to live with these things just because you've had a baby. There is help!

1 Leaking Urine with a cough, sneeze, running, or jumping.

2 Ongoing hip and back pain not fully responsive to other treatment

3 Chronic constipation despite drinking lots of water and eating lots of fibre.

4 Pain with intercourse
- deep pain
- pain on insertion

5 Feelings of vaginal pressure, heaviness, or visual bulge.

6 Pelvic Pain
- pubic symphysis
- genital
- tailbone

Enjoy a **COMPLIMENTARY 15 min virtual appointment on me!**
(Ontario Residents only)

www.jaclynseebachpt.com. Instagram: @jaclynseebachpt

Find a Physio near you: www.pelvichealthsolutions.ca
