



# Pfilates

## Pelvic Floor Program

Restoring Form & Function



### BEYOND KEGEL EXERCISES

#### Do You Suffer From Any or All of these Symptoms?

- Urinary Stress Incontinence, when you...  
Cough, Sneeze, Laugh or exercise.
- Overactive Bladder
- Female Sexual Dysfunction
- Pelvic Organ Prolapse
- Fecal Incontinence



Pfilates is an evidence based exercise program which assists in the re-training and strengthening of the muscles around the pelvic floor and abdominal area. It was developed by *Dr. Bruce Crawford, an American Urogynecologist.*

Pfilates has been developed to both prevent and treat pelvic floor disorders. Over time, pelvic floor and abdominal muscles may become stretched and weak, a condition exacerbated by pregnancy, childbirth, chronic constipation, repetitive heavy lifting, hormonal changes, aging, overall de-conditioning and certain medical conditions, such as obesity, chronic obstructive pulmonary disease (COPD), and eating disorders. If these muscles are weak, you may experience pelvic/back pain or involuntary leakage of urine or fecal matter, or pelvic organ prolapse (POP).

An overactive bladder, is a condition characterized by urgency and frequency with or without incontinence, may also be exacerbated by a weak pelvic floor. Pelvic floor disorders are an extremely common condition, which are under diagnosed and treated due to the stigma and societal barriers surrounding them.

#### WHAT TO EXPECT

- Taught by a Registered Physiotherapist.
- The program consists of a series of ten movements broken down into three phases: beginner, intermediate, and advanced.
- Each exercise includes a series of repetitions followed by a series of pulses, during which peak pelvic floor engagement is achieved.



**Call us today for your one on one series of treatments.  
May be covered by your extended health insurance plan.**



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A Hospital Program. All net proceeds support hospital programs.