

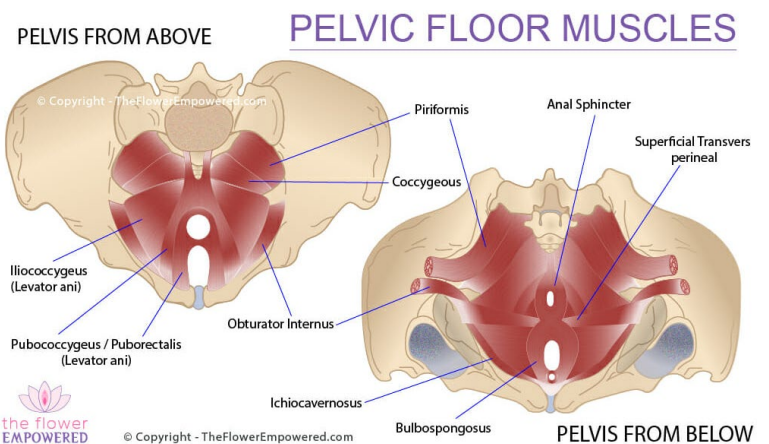
Do You Need Pelvic Floor Physical Therapy?

What Is Pelvic Floor Physical Therapy?

Pelvic Floor Physical Therapy or PFPT is treatment that can help you with peeing, pooping, and sex issues. The physical therapist will check you out and ask questions. They will also give you workouts to do. Many people that do PFPT have less leaks and sex issues.

You May Need PFPT If...

- You use the bathroom a lot.
- It hurts when you pee or poop.
- You have pee or poop leaks.
- You take something to go pee or poop.
- Have pain with sex.
- Have pain in your private parts.



Why Do Leaks Happen?

Sometimes you cannot hold your pee or poop. This can happen because of many things. It is not your fault! There are treatments that can help.

Sexual Health: Pelvic issues can cause painful sex. Some diagnoses make it hard to get into comfortable positions to have sex. A physical therapist can help you with this.

Personal Care: It is important to stay clean and healthy by taking care of your body.

GIRLS

- Make sure to wipe from front to back after peeing and pooping.
- Wash your body at least every other day.
- When you have your period, change your tampon or pad every 3 hours.
- Go pee or wash your private parts after sex.

BOYS

- Wash your body at least every other day.
- Keep your private parts clean and dry after peeing and pooping.