

*No Matter Your Gender PhysioPlus  
Can Help You Resolve Your Pelvic Issue!*

## HOW HEALTHY IS YOUR PELVIS?

**Contact PhysioPlus Today to Find Out How  
Physiotherapy Can Help Improve Your Pelvic Health**

**ALSO INSIDE**



**SARAH'S TOP 4 GAMES FOR YOUR  
NEXT GAMES NIGHT!**



## DISCOVER HOW PHYSIOTHERAPY HELPS PELVIC HEALTH

*Are you experiencing pain in your intimate areas? Have you struggled with incontinence? For some, it can be challenging to talk about these types of struggles. At PhysioPlus Health Group, we are musculoskeletal experts and work with people experiencing difficulties in all body regions.*

Our highly trained team uses the most advanced strategies to help alleviate the pain and restore normal function of the bowel and urinary systems. We also help people experiencing pain during sex and dysfunction in sexual performance.

Everyone has a pelvic floor, and learning how to resolve issues can significantly impact your overall well-being. At PhysioPlus Health Group, our team works with all types of problems affecting the pelvic region regardless of gender identity.

Request an appointment with one of our specialists so we can help you find relief!

### What Is The Pelvic Floor?

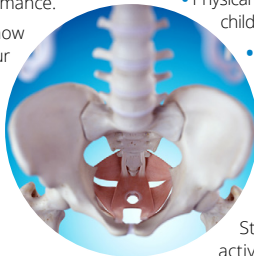
The pelvic floor is a term used to describe the region located in the bottom aspect of the pelvis. The pelvic floor is a complex system that works with the structures and systems in the pelvic cavity and the body.

The pelvic floor is supported by several muscles that also provide several essential functions, including supporting the

organs found in the pelvis, bladder and bowel control, and sexual function. Impairments in muscle function can lead to pain and dysfunction.

The ability to contract the pelvic floor correctly can be affected by several factors, including:

- Weakened bladder muscles resulting from pregnancy, childbirth, obesity, and aging
- Physical damage to your pelvic floor muscles from childbirth or surgery
- Damage to the nerves from health problems like diabetes and multiple sclerosis
- Enlarged prostate
- Types of cancer
- Certain medications
- Trauma (physical, psychological/emotional)



Strong pelvic floor muscles are essential with activities where an extra force is added to the abdomen and pelvic floor (i.e., coughing, laughing, sneezing, and lifting). When these muscles are weak or not working as they should, pelvic floor dysfunction may occur. Fortunately, our physiotherapists know how to identify the factors contributing to your problems and, more importantly, how to resolve them!

*Continued inside.*

# HOW HEALTHY IS YOUR PELVIS?

*Continued from previous page.*

## What Are The Most Common Issues People Face?

The pelvic floor muscles are needed for sexual function, urination, and defecation. Impairments are often ignored early on due to the difficulties of talking about this region of our body. We understand people's difficulties, but it is important to note that addressing an issue when it first starts will often lead to a quick resolution and the most complete recovery.

Women experience pelvic floor conditions, including painful menstrual periods, painful urination, and urinary incontinence. The impairments will even lead to pelvic organ prolapse and chronic pelvic pain for some.

Men often don't know about the pelvic floor until there is a problem. The most common issues include urinary dysfunction after prostate cancer treatments. Typically these symptoms range from some leaking to complete loss of bladder control or irritation/discomfort when urinating. Pelvic floor dysfunction for some may lead to erectile dysfunction.

Fortunately, our physiotherapists are trained in pelvic rehab no matter your gender and can help you resolve any issue you may be experiencing.



## How Physiotherapy Can Help

Our therapists at PhysioPlus Health Group tailor our programs to the individual using research-backed, comprehensive treatment programs. We will conduct a thorough history and physical examination to identify all the possible factors contributing to your condition.

Evaluating the strength of the pelvic floor muscles includes assessing your ability to willfully contract your muscles and also identifying your ability to generate power and sustain a contraction (endurance). It is also essential to test your contraction speed and your ability to relax on command.

We will use this information to develop an individualized program focusing on helping you resolve your pain and restore your function. Our pelvic floor treatments include:

- Soft tissue mobilization and massage of internal and external pelvic musculature to relieve muscle tension and provide pain relief
- Pelvic floor muscle retraining to restore normal strength and endurance
- Neuro-retraining (i.e., incorporating pelvic floor muscle activation during simulated daily activities)
- Electrical stimulation modalities for pain relief and to restore normal neuromuscular activation of the pelvic floor muscles and nerves
- Bladder training (i.e., gradually holding urine for longer and longer periods)

Our team will educate you on home exercises and simple movements that you can build into your everyday activities. We believe that teaching you strategies to manage and improve your pelvic health is the key to lasting results.

At PhysioPlus Health Group, our physiotherapists can help with incontinence, pelvic pain, and sexual dysfunction, whether your condition results from reconstruction surgery, abdominal surgery, prostate cancer treatments, pregnancy, or childbirth. No matter what it is, we most likely treat it.

**Contact our clinic today and request an appointment with one of our pelvic floor specialists!**

**(647) 484-3345**

## EXERCISE ESSENTIALS

### POSTERIOR PELVIC TILT WITH HIP CIRCLES

Start by lying on your back with your feet flat on the floor and your knees bent with your arms by your sides. Tuck your pelvis by tilting your hips back so your lower back presses into the floor. Keeping your pelvis tucked and your lower back pressed into the floor, straighten one leg out with your toes pointing up. Slowly make clockwise circles with your foot by only moving your leg at your hip joint. Then, switch directions.



*This exercise helps to strengthen pelvis and hips.*

Call **(647) 484-3345** to schedule your consultation today!



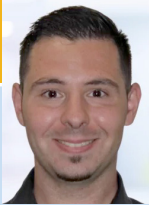
## BREATHING EXERCISE

### Sitting Meditation

This time of year can be hectic but it is important to remember to take some time each day to just sit and focus on breathing and being calm. Try this mindful meditation below when you need a minute to clear your mind.

1. Sit up straight in a chair with your feet flat on the ground.
2. Place your hands in a balanced position and close your eyes.
3. Focus on your breathing. Try to breathe in and out for 3 seconds each.
4. After 1 minute (or longer if you need it), open your eyes and resume activities.

## STAFF SPOTLIGHT



**MARTIN PETKOV**  
REGISTERED PHYSIOTHERAPIST

Martin obtained his Masters Degree in Physical Therapy at The University of Western Ontario. During his time at Western University, he had the opportunity to complete a clinical

placement at the Fowler Kennedy Sports Medicine clinic and treat a variety of community, varsity and elite athletes.

Martin has a passion for exercise and healthy lifestyle promotion. He strives to provide excellent and effective patient care by employing an evidence-based approach and collaborating with patients to create meaningful goals. He favors utilizing patient education and therapeutic exercise as his primary tools, complimented with manual therapy.

Martin's primary interest is in musculoskeletal conditions and through his variety of clinical experiences he enjoys working with all patient populations.

**Call the clinic today to schedule your consultation!**



## FREE ONLINE WORKSHOP ON PELVIC FLOOR, INCONTINENCE & PELVIC PAIN

What: **Live Online Workshops**

Where: **On a Secured Zoom Webinar**

When: **February 28, 7:00 pm EST**

Price: **FREE!**

**Do you have bladder leakage?  
Pelvic pain or abdominal separation?  
Do you or someone you know experience...**

- Urinating more than 5-8 times a day
- Waking up more than once during the night to urinate
- Worrying about where the public washrooms are
- Leaking when you laugh, sneeze, cough, or exercise
- Persistent low back or hip pain
- Pelvic pain
- Pre/post-natal pain or abdominal separation

**Discover how to regain control and improve your pain without unnecessary medication or surgery!**

*You'll learn about why pelvic floor physiotherapy is a safe and effective solution to your problem, plus so much more, including...*

- Top conditions treated by Pelvic Floor Physiotherapy
- 3 Most common causes of incontinence
- What is the biggest mistake that people who suffer from incontinence make
- How to get back to exercise, without fear of leaking
- **And a LIVE Q&A to get answers to your questions!**

**Wednesday February 28th at 7:00 pm EST**

**The workshops are free but space is limited.**

**To register or for more information, call:**

**(647) 484-3345**



**Or scan the QR Code to register online.**

**START FEELING BETTER AFTER THIS FREE ONLINE WORKSHOP ON PELVIC FLOOR PHYSIOTHERAPY**





# STIFF KNEES & HIPS? ARTHRITIS PAIN?

Join our **NEW** 6-Week Education  
and Exercise Program



## Participants Taking the GLA:D Program Report

- Less Pain
- Reduced Use of Pain Killers
- Less Sick Leave
- Able To Be More Active

## Also Included In The Program

- Learn the right way to move to reduce your pain
- Strategies to manage and reduce pain
- Inflammatory education
- Knee bracing options for arthritis
- Options for hands-on treatment that help arthritis
- Nutritional & Supplement counselling options

**GLA:D™ Canada Is For Everyone with  
Symptoms of Hip and Knee Arthritis!**

SPOTS ARE LIMITED... **Register today!**

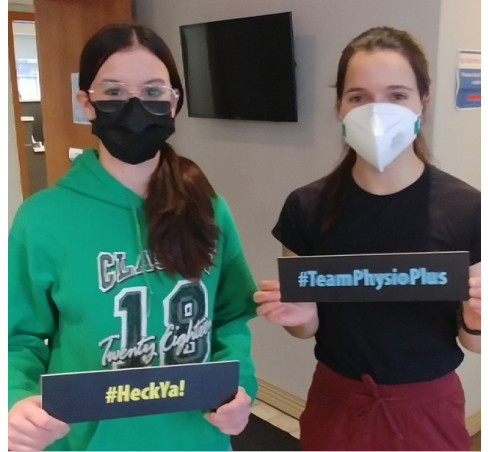
email: [help@physioplushealth.com](mailto:help@physioplushealth.com)

call: (647)484-3345

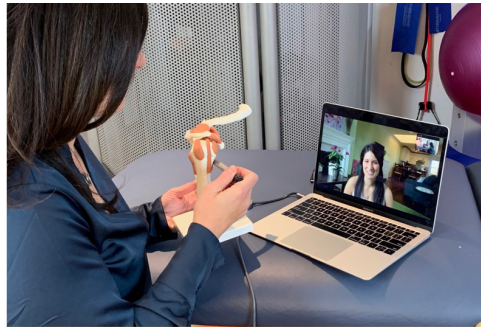
Or... Scan the QR Code for more details



**Physio**plus  
health group



**PATIENT GRADUATION!  
CONGRATS ADRIANNA**



## VIRTUAL PHYSIOTHERAPY

- Get treatment in the comfort of your own home or office
- Avoid long travel times, traffic and waiting rooms
- Reduce your time away from work
- If you are having difficulty with mobility, it means less discomfort by eliminating travel
- Access specialized treatment that may not be offered in your community
- Save the cost of parking
- Save the cost and avoid the challenge of arranging child care

**With our Virtual Physiotherapy program you'll be connected with one of our experienced physiotherapists through a secure video conference. Call today and see if Virtual is right for you!**

Call PhysioPlus Health Group Today at (647) 484-3345 or visit our website at [www.physioplushealth.com](http://www.physioplushealth.com) to schedule your consultation today!



*Sarah's*

## TOP 4 GAMES FOR YOUR NEXT GAMES NIGHT!



I love a good board game night! Whether it is the classic card games like Euchre and Hearts, or board games like Sequence and Settlers of Catan, I can often be found enjoying games with both friends and family! Here are my top recommendations for games you should try!



### Strategy Game — Pandemic

This game is a different take on strategy games — instead of working against your competitors, you are working together to beat the game! Each time the game unfolds differently, combining strategy and luck to try to beat the world's next pandemic!



### Card Game — Monopoly Deal

This is probably the most played game in my house as it takes no time at all! It is fun, quick, and easy to learn. Combining some strategy and some luck, this is a game for the whole family!

### Escape Room — Exit the Game

If you have not heard about Escape Rooms in a box, you are missing out! These are a fun challenge for anyone who likes to solve puzzles. Creative thinking is a must as you try to logic your way through the story in the box, solving clues and ultimately beating the game!



### Party Game — Codenames

Teams facing off giving clues to get their team to guess the correct answers! It only gets more fun the more people you add. You can play this game with up to 8 players — and you will learn quickly who at the table thinks the same way you do! This game is a huge hit with my family when all 8 of us want to get in on game night!

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Call (647) 484-3345 to schedule your consultation today!