



OTs and PTs in Pelvic Health: How Are We Different?



OTs in Pelvic Health: Settings

- Outpatient Pelvic Floor Therapy Clinic
- Private Practice (Private Pay and Insurance-Based)
- Acute Care
- Skilled Nursing Facility or Assisted Living Facility
 - Program development about urinary incontinence program to work on posture, coordination of PF muscles, and toileting schedules
- Multidisciplinary Support at Wellness Clinics (OTs, PTs, Massage, Dietician, etc)
- Neuro: Multiple Sclerosis, Parkinsons, and SCI units
- Telehealth Services
- Postpartum Delivery Departments in Hospitals
- IBCLC Outpatient Lactation Clinic



OTs in Pelvic Health: Focus Areas

- Prenatal & Postpartum Rehab
- Pediatric Pelvic Health
- Perimenopause and Menopause
- Males or penis owners
- Oncology
- Mental Health and Pelvic Health (including getting a certificate through Postpartum Support International)
- New parents working on breastfeeding, infant development, infant sleep, spousal relationships, social engagement
- Fertility Support
- Sexual Health
- Somatic Experiencing



OTs in Pelvic Health: Focus Areas

- Chronic Pain
- Home based services for new parents before their 6 week follow-up appointment to focus on physical, mental and emotional recovery and transformation
- Special focus on EMDR to help heal from PTSD, traumatic births and NICU stays
- Hormone Regulation
- Nutrition and Eating Disorders
- Cesarean Birth Recovery
- Trauma Informed Pelvic Health Certification with Lindsey Vestal + Lara Desrosiers



OTs in Pelvic Health: Complementary Roles

- Doula
- Feldenkrais and Alexander Technique Instructor
- Pilates Instructor, Yoga Instructor or other fitness professional
- Craniosacral Therapy
- Neonatal Therapy
- Visceral Manipulation
- Myofascial Practitioners
- Massage therapy



Meet Lily

- 44 y/o
- 3 kids (ages 2-9)
- Urge incontinence
- Painful sex

Why wasn't she getting better?



More About Lily

- 3rd story walk-up (only bathroom)
- Frequent *Just in Case* peeing
- Kitchen and main living space was on 1st floor

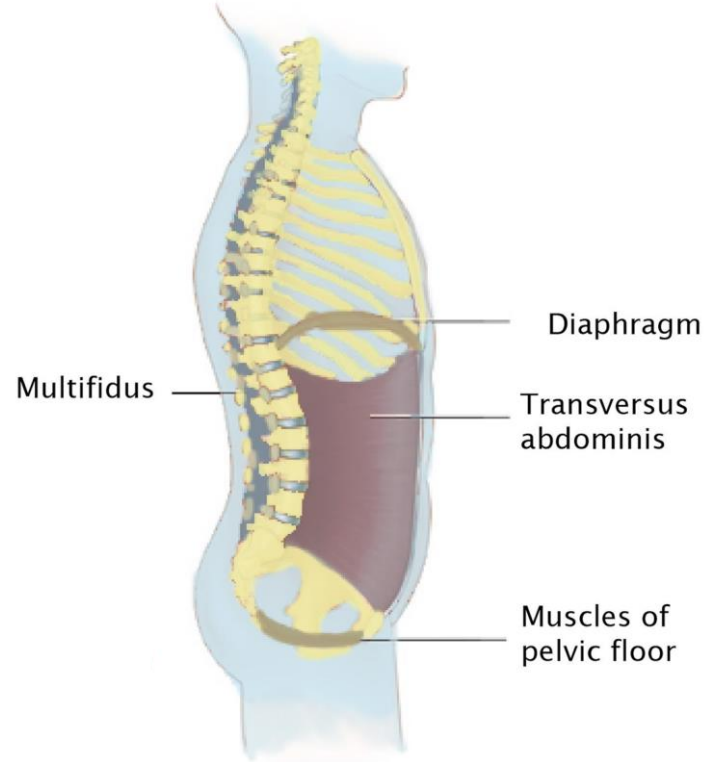


What Else Could We Do For Lily?

- Asking what was her birth story?
- Addressing scar massage
- The importance of full range of motion



Inner Core Team





Social Implications

- Withdrawal from social and recreational Activities
- Social isolation
- Disempowerment
- Lack of self-esteem
- Anxiety
- Depression

+ Their impact of close relationships



Unique View of an OT

- Physical, emotional, spiritual and mental aspects of a person
- The client is the EXPERT of their body



What are the ADLs of Pelvic Health?

- Toileting + Toileting Hygiene
- Sexual Activity
- Dressing
- Functional Mobility



OT's Unique Lens

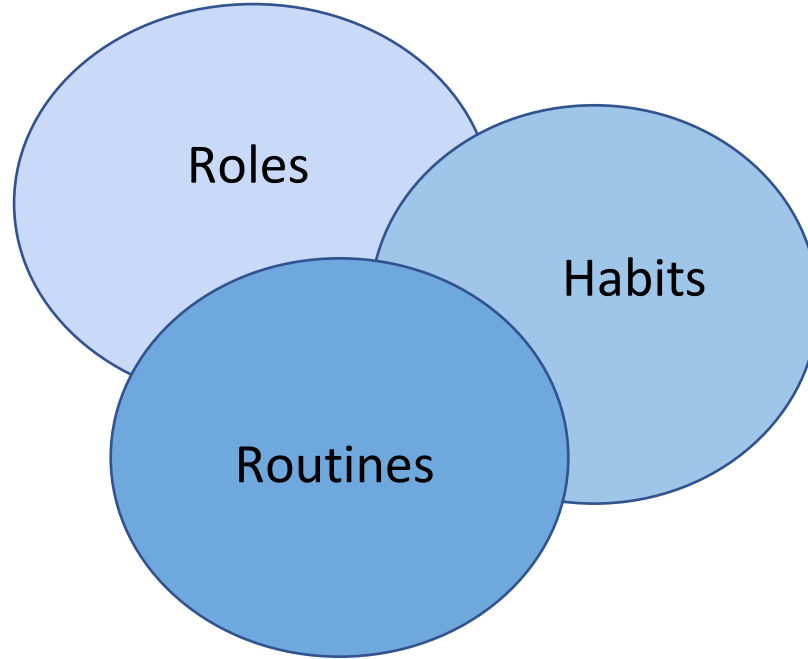
- We look at clients
 - Habits
 - Roles
 - Routines

As they pertain to toileting and sexual dysfunction.

- We also look closely at psychosocial causes and effects of pelvic floor dysfunction...relationships, jobs, environments, and the interactions of all these factors.



Pelvic Health Roles, Habits and Routines





Why Not OTs in Pelvic Health?

- My reply:
 - Pursue it (if you want to) outside of school (where most of us learn anyway!)
 - Refer out; build your referral network



List of OT's in Pelvic Health

See the section titled “List of OTs in Pelvic Health” + add *yourself*!