

# What is Pelvic Floor Dysfunction (PFD)

A condition where pelvic floor muscles are under-active, over-active, or lacking motor control due to a variety of reasons. This muscle dysfunction can alter bladder and/or bowel habits, as well as sexual function.

PFD is very common; at least 1/3 of women are affected by it at some point in their lifetime.



### CARE TEAM

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# PELVIC HEALTH

## PHYSICAL THERAPY

REGAIN CONTROL  
OF YOUR LIFE



#VENTUREPT



## Common Symptoms:

- Urinary with coughing, sneezing, laughing, yelling, running, jumping, lifting
- Urinary leakage on the way to the bathroom
- Use of the bathroom more than 8 times a day or more than once a night
- Using the bathroom "just in case"
- Pelvic or lower abdominal pressure
- Unable to fully void
- Urge to go to the bathroom after just going
- Constipation
- Pelvic pain
- Pain with use of tampon or intercourse

## What can cause PFD?

- Excessive coughing, lung disease
- Abdominal surgery
- Pelvic procedures
- Pregnancy
- Labor complications
- Repetitive heavy lifting
- Constipation
- Consumption of bladder irritants
- Poor bladder habits

## What can I expect on my Initial Evaluation?

Zi will ask you about your medical history and current symptoms.

We will discuss your concerns and examine your spine, hips, and pelvic floor (external examination with your clothes on).

If necessary, on a subsequent visit, an internal exam may be warranted (only with your permission and at your comfort level).

Together, you and Zi will come up with a treatment plan that addresses your goals. Zi will explain the plan of care and how we will accomplish your goals.

## Common Diagnoses We Treat

- Pelvic floor dysfunction
- Diastasis recti
- Sacroiliac joint dysfunction
- Nerve pain/Radiating pain
- Low back pain
- Neck and upper back pain
- Hip pain
- Post pelvic or abdominal surgery
- Core weakness
- Prenatal/Postnatal care
- Pain during pregnancy
- Pelvic Pain
- Coccydynia
- Dyspareunia
- Painful Bladder Syndrome
- Prolapse (Pelvic, Urinary, Rectal)
- Urinary Incontinence
- Constipation

## Common Treatments:

Treatment is based on your needs and may include:

- Pelvic floor strengthening
- Core strengthening
- Lifting technique training
- Manual soft tissue mobilizations
- Manual joint mobilizations
- Diaphragmatic breathing
- Relaxation techniques
- Postural retraining
- Pregnancy labor prep
- Scar tissue mobilization
- Education on bladder training, diet, and behavioral interventions

## Frequently Asked Questions:

**Q:** Can I use insurance?

**A:** Yes, we take most insurances.

**Q:** What should I wear?

**A:** Clothing you feel comfortable moving around in, preferably not jeans or thick materials.

**WE CARE ABOUT  
THE WHOLE YOU**

