


DID YOU KNOW?

- 50% of child bearing women experience prolapse.
- 40% of women over the age of 50 years experience prolapse.

For more information or to book an appointment,
visit us online or give us a call.

 www.willowhealthcentre.com

 519-365-0122

LOCATED AT:
423 Richmond St.
Chatham, Ont.
N7M 1R1



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THE PELVIC FLOOR: PELVIC ORGAN PROLAPSE

Pelvic organ prolapse occurs when there is a protrusion or descent of the pelvic organs into the vagina such as the bladder, uterus or rectum into the vaginal canal and can commonly occur if there has been over-stretching, weakening of muscles, tissues and ligaments that support these structures.

It is more common to see prolapse in post-partum or during menopause due to the loss of muscle mass of the pelvic floor



Women with prolapse can experience a *variety* of symptoms including:

- Bladder and bowel dysfunction
- A feeling of heaviness, pressure, or bulging from the vagina
- Sexual dysfunction
- Low back pain



WHAT DOES THE **RESEARCH** SAY?

The International Consultation on Incontinence recommends **pelvic floor muscle training as the first-line treatment for stress, urge, or mixed incontinence in women of all ages.**

Pelvic floor muscle training with a physiotherapist has a positive effect for prolapse symptoms and severity.

Pelvic floor muscle training is effective and cost-effective in reducing prolapse symptoms and should be recommended as first line management for prolapse.

An internal vaginal palpation of the muscles is the recommended technique for physiotherapists to understand, teach and give feedback to patients for training the pelvic floor muscles

WHAT ARE THE TYPES OF **POP**?

CYSTOCELE: the descent of the front vaginal wall is called anterior vaginal prolapse. It is also called a cystocele due to descent of the bladder in front of the vagina

RECTOCELE: the descent of the back vaginal wall is called posterior vaginal prolapse. It is also called an enterocele due to descent of the bowel behind the vagina

UTEROCELE: the descent of the uterus and cervix is called uterine prolapse. If you have had a hysterectomy, it may be referred to as a vaginal vault prolapse