

# Specialty Clinics

## Pelvic Floor Therapy Clinic

### Pelvic Floor Therapy

Pelvic floor dysfunction (PFD) can occur when women have weakened pelvic muscles or ligaments of the pelvis. As a result, it can cause bladder control problems (urinary incontinence, pain while urinating, incomplete emptying of the bladder), bowel control problems (constipation, pain or pressure in the rectum, fecal incontinence), muscle spasms of the pelvis, and prolapse.

There are many types of PFDs, including:

- **Prolapse:** Symptoms include a full feeling in the vagina or a bulge protruding through the vaginal opening.
- **Urinary Incontinence:** Symptoms include leaking urine while coughing, sneezing, or lifting.
- **Voiding dysfunction:** Symptoms include difficulty emptying the bladder completely.
- **Overactive Bladder:** Symptoms include frequent urination, urgency, and nocturia.
- **Fecal Incontinence:** Symptoms include difficulty holding feces or stool.
- **Pelvic Pain:** Symptoms include pain in the lower abdominal area.
- **Sexual Dysfunction:** Symptoms include pain during intercourse and difficulty with arousal.

These sessions are held in a private room by our female physiotherapist, certified in treating pelvic disorders. Using a combination of hands-on interventions and evidence-based practices the physiotherapist will provide an assessment and devise an appropriate treatment plan to suite the individual and their needs.

## Gunjan Vermani

### Director and Registered Physiotherapist

She has been practicing physiotherapy from 2006 and completed her 2 years specialization in Neurological Sciences (University Topper) in 2008. She has been taking many hands-on workshops and courses to continuously enhance her clinical knowledge and skills.

Gunjan is certified in the treatment of urinary incontinence, central pain management, Concussion rehab, Manual therapy level 1, and performs acupuncture and dry needling.

She is also an ADP Authorizer for walkers and wheelchairs apart from assessing and prescribing for orthotics, compression socks and custom bracing.

## **Clinic Hours**

### **Kanata:**

Mondays - 12pm – 3pm

### **Nepean:**

Tuesdays -9am – 2pm

Thursday - 9am – 2pm

### **Westboro:**

Fridays - 2pm – 4pm