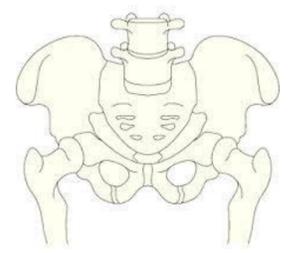


Pelvic Floor Rehabilitation: Promoting Occupational Therapy Interventions for Women with Pelvic Floor Dysfunction

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Project Description & Sites

Project Description: The current capstone project will promote clinical skills in pelvic floor rehabilitation for women with pelvic floor dysfunction (PFD). The capstone project will enhance the student's knowledge of occupational therapy's role in pelvic floor rehabilitation through educational materials.

Sites: Parkview Regional Medical Center Outpatient Therapy – Women's and Pelvic Health
The Functional Pelvis – Virtually

Project Completion

- Developed Pilates and Yoga videos and handouts for pelvic floor rehabilitation
- Completed an OT specific continuing education course; Introduction to Pelvic Floor Therapy for Occupational Therapists through the Functional Pelvis
- Participated in the Restore Your Core exercise program
- Completed 80 observation hours of pelvic floor rehabilitation, seeing a variety of pelvic floor dysfunctions

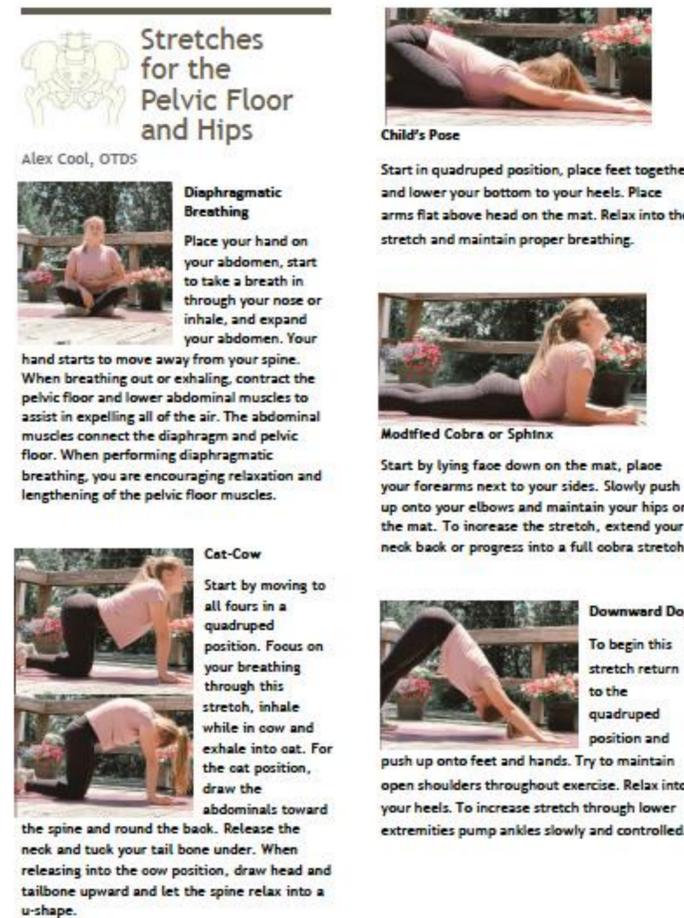
Mission & Vision Statements

Mission: Promote occupational therapy interventions for women with pelvic floor dysfunction.

Vision: To educate and empower women with pelvic floor dysfunction through positive experiences and effective occupation-based strategies.

Literature Review

- PFDs are common gynecological disorders, affecting roughly one-third of adult women, with a lifetime risk of 11% of women undergoing operations to repair the PFD (Rivalta et al., 2010).
- Several studies have reported a correlation between chronic pelvic pain with impaired mental health, lower quality of life (QoL), and increased risk of anxiety and depression. Women with chronic pelvic pain, report depression, anxiety, and reduced sexual function (Twiddy et al., 2015).
- PFDs are considered a public health problem and affects the QoL of thousands of women; patients feel ashamed, socially isolated, and depressed (Karbage et al., 2016; Singh et al., 2016).
- Occupational therapists offer a holistic perspective to address functional deficits caused by PFDs and work to decrease social, physical, psychological, and sexual stressors, improving self-esteem, and QoL (Rivalta et al., 2010).



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Diaphragmatic Breathing
Place your hand on your abdomen, start to take a breath in through your nose or inhale, and expand your abdomen. Your hand starts to move away from your spine. When breathing out or exhaling, contract the pelvic floor and lower abdominal muscles to assist in expelling all of the air. The abdominal muscles connect the diaphragm and pelvic floor. When performing diaphragmatic breathing, you are encouraging relaxation and lengthening of the pelvic floor muscles.

Child's Pose
Start in quadruped position, place feet together and lower your bottom to your heels. Place arms flat above head on the mat. Relax into the stretch and maintain proper breathing.

Modified Cobra or Sphinx
Start by lying face down on the mat, place your forearms next to your sides. Slowly push up onto your elbows and maintain your hips on the mat. To increase the stretch, extend your neck back or progress into a full cobra stretch.

Cat-Cow
Start by moving to all fours in a quadruped position. Focus on your breathing through this stretch, inhale while in cow and exhale into oot. For the oot position, draw the abdominals toward the spine and round the back. Release the neck and tuck your tail bone under. When releasing into the oow position, draw head and tailbone upward and let the spine relax into a u-shape.

Downward Dog
To begin this stretch return to the quadruped position and push up onto feet and hands. Try to maintain open shoulders throughout exercise. Relax into your heels. To increase stretch through lower extremities pump ankles slowly and controlled.

Deliverables

- Pilates/Yoga videos and handouts for pelvic floor rehabilitation
- Comprehensive document reviewing pelvic floor rehabilitation from an occupational therapists' perspective
- Certificate of completion in pelvic floor rehabilitation continuing education courses

Future Implications for OT

- Advocacy and education on OT interventions to health care professions and individuals with pelvic floor rehabilitation
- Research conducted focusing on OT specific interventions and OTs role in pelvic floor rehabilitation



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KEY REFERENCES

*Full reference list and image reference list available upon request