



YOUR PELVIC FLOOR

# Transgender & Non-binary

## Pelvic Health and Incontinence Training (PHIT) Program

### How do I make an appointment?

1. Ask your doctor for a referral to Pelvic Floor Therapy at Middlesex Health
2. Referrals can be faxed to 860-358-2727 or placed electronically through Epic

To make an appointment or speak to one of our specialists call 860-358-2700.

### WHAT IS PELVIC HEALTH AND INCONTINENCE TRAINING?

Pelvic dysfunction refers to any impairment located in the pelvic area. The Pelvic Health and Incontinence Training Program treats pelvic dysfunction through use of a variety of rehabilitation techniques including education, exercise and manual therapies.

### SYMPTOMS YOU MAY HAVE:

- + Urinary incontinence
- + Bowel urgency
- + Pelvic pain
- + Difficulty with sexual intimacy at any time, including during pregnancy or after childbirth
- + Changes in posture, strength, or joint mobility from the weight of a growing baby pressing against the pelvic floor
- + Pain with dilation after gender confirming surgeries
- + Pain or difficulty with tucking or binding.

### CONDITIONS WE TREAT:

- + Urinary incontinence
- + Bowel incontinence
- + Constipation
- + Pelvic pain/Abdominal pain
- + Sacroiliac (SI) and/or back pain
- + Issues with intimacy

### TREATMENTS INCLUDE:

- + Biofeedback to help patients relax or strengthen pelvic floor muscles as appropriate
- + Biofeedback to determine the most beneficial labor positions
- + Pelvic floor muscle strengthening
- + Core muscle strengthening
- + Postural awareness
- + Electrical stimulation for urinary incontinence, strengthening and pain relief
- + Behavioral and dietary modifications
- + Manual therapy
- + Prenatal/postpartum assessments Sacroiliac (SI) and/or back pain
- + Dilation support after gender confirming surgeries
- + Strategies for return to intimacy after gender confirming surgeries
- + Education and support for binding and tucking



## BLADDER SELF-ASSESSMENT QUESTIONNAIRE

### Do you:

- + Leak or wet yourself when you stand up, cough, laugh or sneeze?
- + Feel an uncomfortable urge to urinate?
- + Sometimes wear pads to absorb urine, or “just in case?”
- + Wake up more than twice during the night to use the toilet?
- + Sometimes feel your bladder is not quite empty?
- + Often feel anxious because you think you might not make it to the toilet in time?

## BOWEL SELF-ASSESSMENT QUESTIONNAIRE

### Do you:

- + Leak when you stand up, cough, laugh or sneeze?
- + Have to push or strain during bowel movements?
- + Have pain during bowel movements?
- + Have accidental bowel movements after a meal or beverage?

## PELVIC PAIN SELF-ASSESSMENT QUESTIONNAIRE

### Do you:

- + Have pelvic, rectal, vaginal or genital pain, numbness or tingling at any time?
- + Have pain in the area of your pubic bone, hips, abdomen?
- + Have pain with dilation or after gender confirming surgeries?

## PREGNANCY/POSTPARTUM SELF ASSESSMENT QUESTIONNAIRE

### Do you:

- + Have pubic bone, sacrum, hip or back pain since becoming pregnant or postpartum?
- + Have you been told you have Diastasis Recii?
- + Have pain with return to intimacy?

If you answered **YES** to any of these questions, you could have a bowel, bladder and/or pelvic pain problem that may benefit from Middlesex Health’s Pelvic Health and Incontinence Training Program.



We display this symbol to demonstrate our commitment to equality.



## Physical Rehabilitation Location Centers:

### MIDDLETOWN

Middlesex Health Outpatient Center  
534 Saybrook Road, 2nd Floor

512 Saybrook Road

### ESSEX

252 Westbrook Road (Route 153)

### MARLBOROUGH

6 Independence Drive, Suite 1

### MADISON

1347 Boston Post Road

### PORTLAND

13 High Street, Suite 2

**Phone:** 860-358-2700

**Fax:** 860-358-2727

28 Crescent Street  
Middletown, CT 06457

[MiddlesexHealth.org/PHIT](http://MiddlesexHealth.org/PHIT)