

# PELVIC HEALTH AND BALANCE

*“People often wonder why our clinic specializes in both dizziness/imbalance AND pelvic health. They seem like they are very different specialty areas. However, there is a high correlation between the risk factors for incontinence and the risk factors for falls. So these two specialties really go hand in hand.”*

*Mallory Hertz, PT, DPT, FYZICAL Director*



Individuals with an overactive bladder are twice as likely to fall. The pelvic floor is the foundation of one's core, which is important to overall stability. Pelvic floor muscles support the abdomen, back, hips, and legs. The muscles are essential to everyday activities including sitting, standing, walking, and breathing. When a patient suffers from incontinence, even a few drops, this indicates that their pelvic floor is not as healthy as it should be. An unhealthy pelvic floor can impair the ability to stand, move, and walk, leading to increased likelihood of falls. A physical therapist at FYZICAL Therapy & Balance Centers of Dakota Dunes can help you find a solution to improving your pelvic health in order to improve your overall daily function. Most patients see significant healing and recovery from their urinary incontinence at a fraction of the cost of medication or surgery. By supporting the pelvic floor, physical therapy acts as a foundation the rest of the body needs to stay healthy and work at optimal function.



BETTER BALANCE.  
BETTER HEALTH.



FIGHT  
THE FALL



**FYZICAL**<sup>®</sup>  
Therapy & Balance Centers

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