

8th September 2014



## ➔ Fit to take part

Having a long-term illness or disability such as Pelvic Pain shouldn't mean you can't lead a fulfilled life. Women throughout the world with pelvic pain, pelvic organ prolapse or incontinence are also limited from taking part in activities.

- One in three women experiences pelvic floor dysfunction
- Eleven percent of women will undergo pelvic floor surgery as a result of their symptoms
- One in four women suffers from pelvic pain

Pelvic floor exercise improves bladder and bowel control and symptoms of pelvic organ prolapse. Pelvic floor therapy improves pelvic pain. Pelvic floor exercise improves sexual function.

With the help of a Chartered Physiotherapist women with Pelvic Pain can be once again "Fit to take Part".

[www.wcpt.org/wptday](http://www.wcpt.org/wptday)



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