



**THE OHIO STATE
UNIVERSITY**

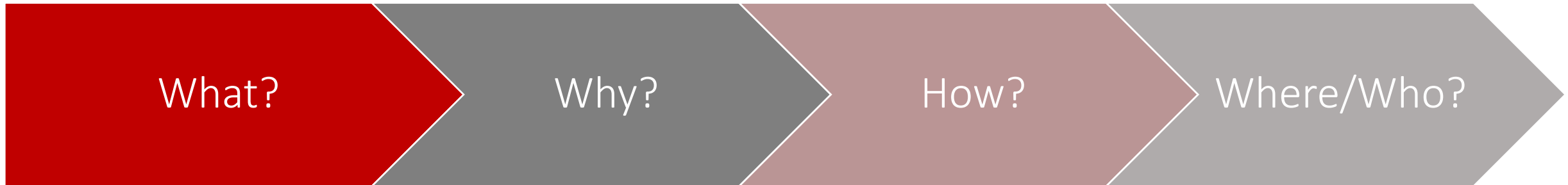
WEXNER MEDICAL CENTER

Multiple Sclerosis and the Pelvic Floor

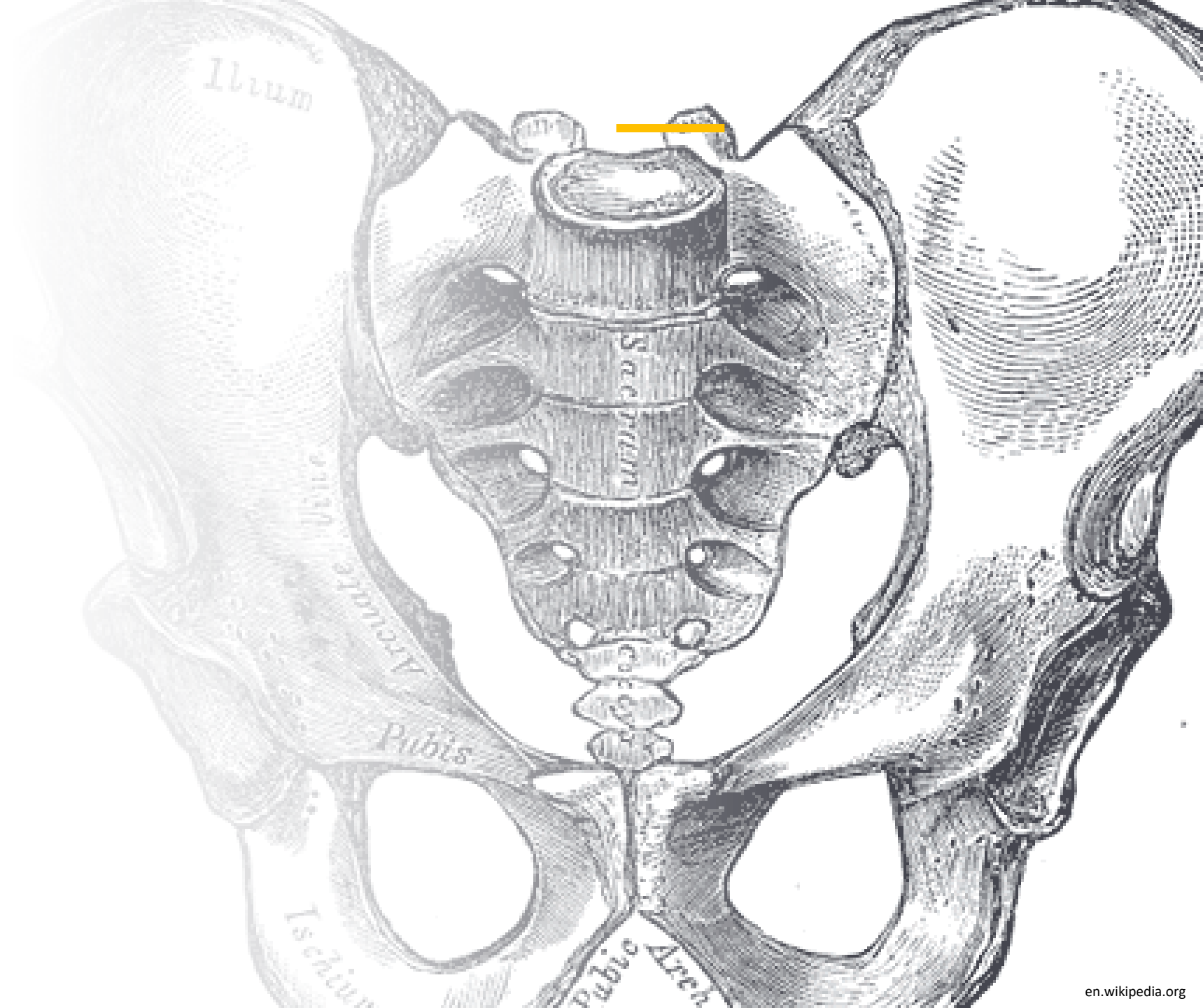
Dr. Cassandra Vietas PT, DPT, WCS, CLT

ABPTS Board-Certified Clinical Specialist in Women's Health Physical Therapy

Objective Map

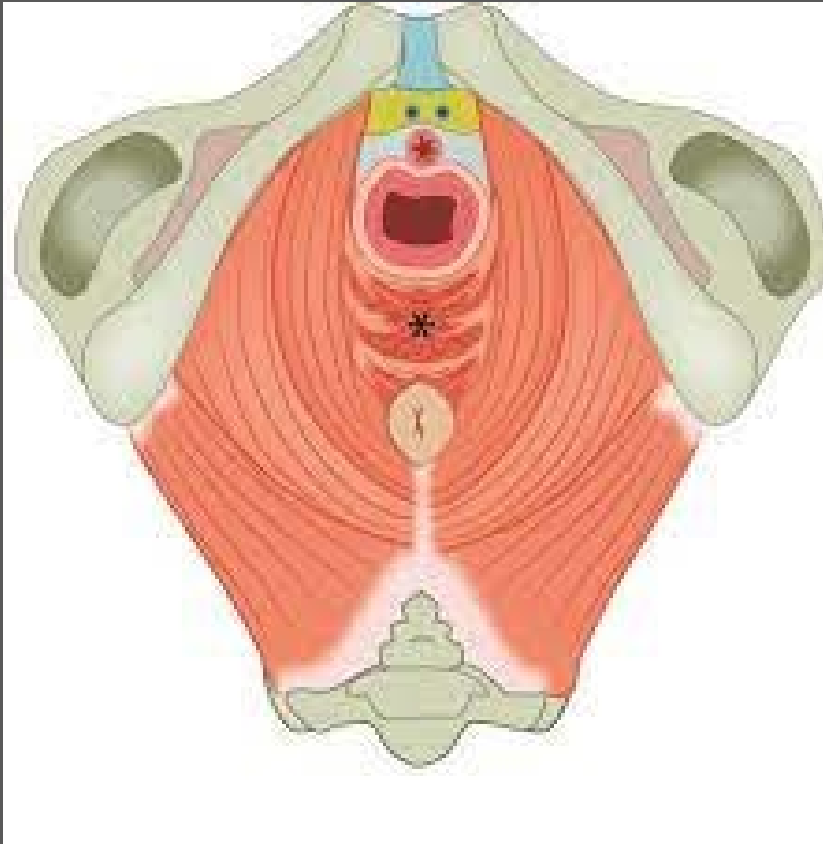


What?

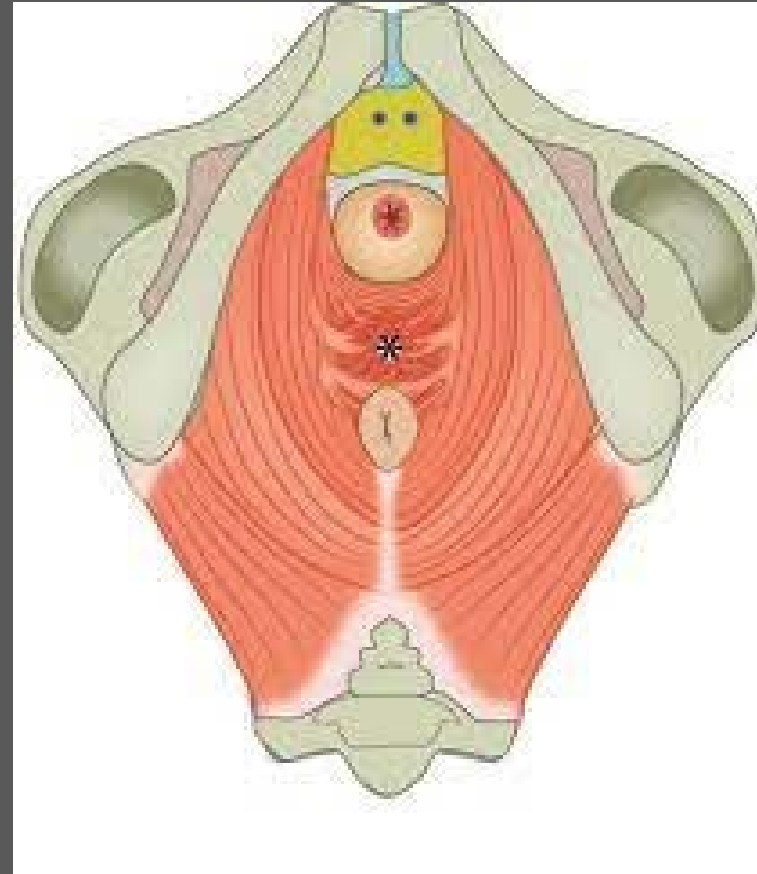


The Pelvic Floor

What is it? And why is it important?

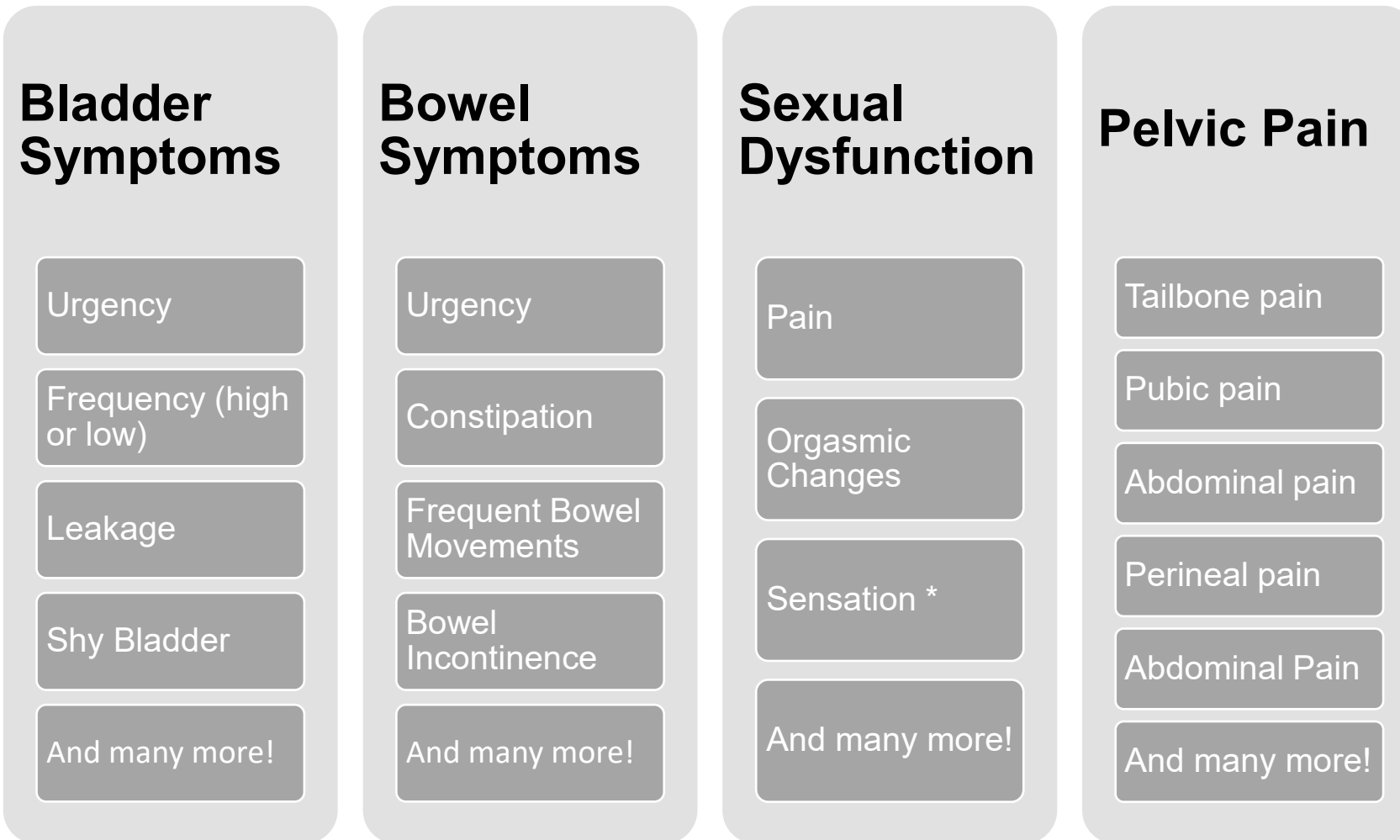


<https://anatomytool.org/>

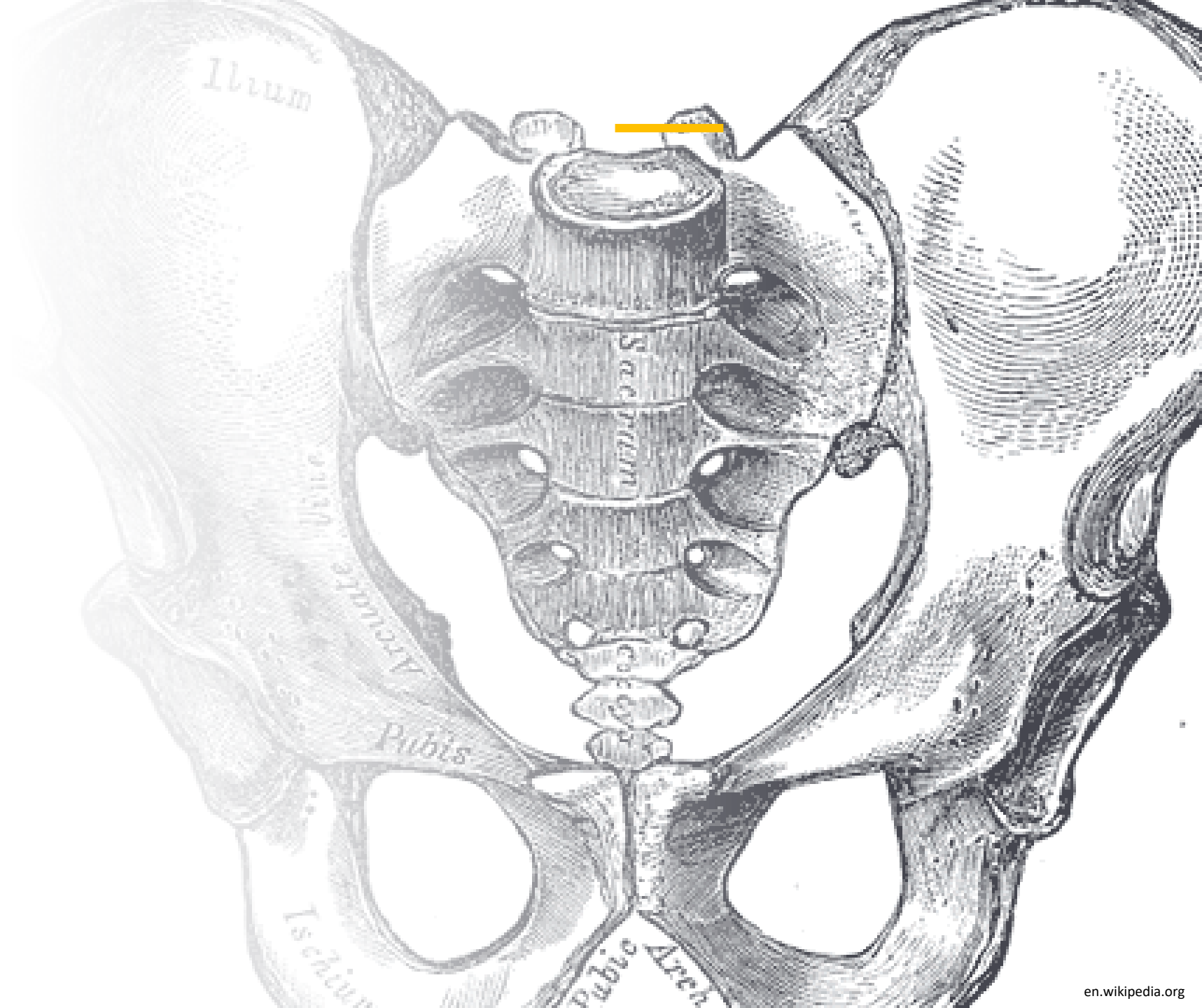


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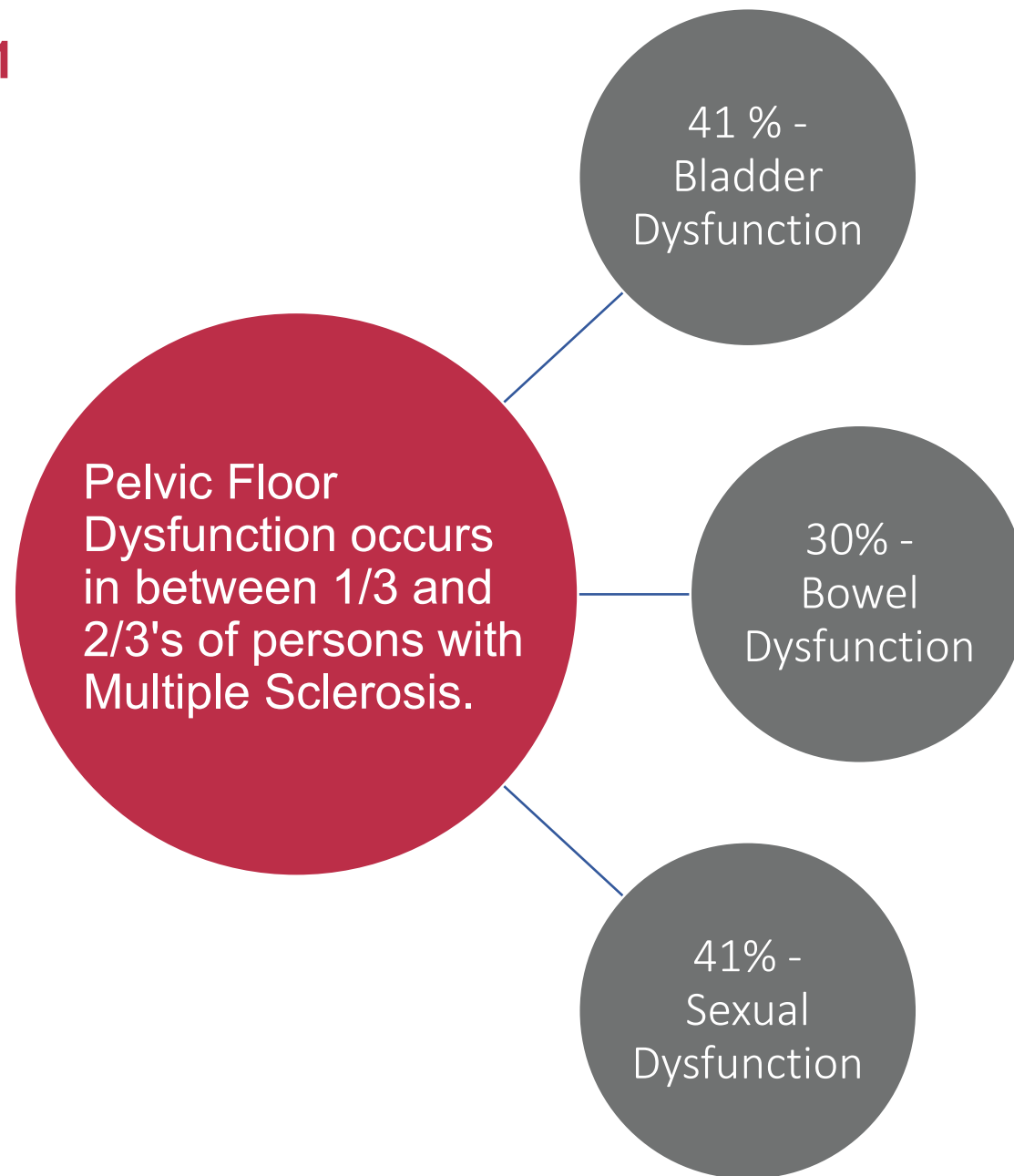
Common Symptoms of Pelvic Floor Dysfunction^{2,3,4}



Why?

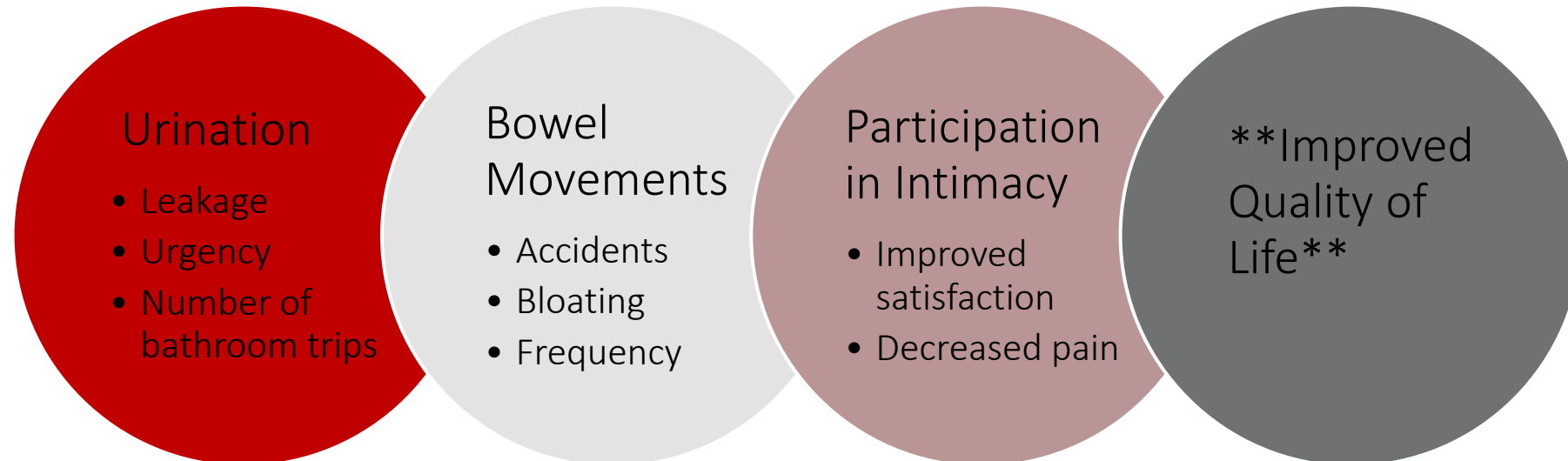


The Why? ¹

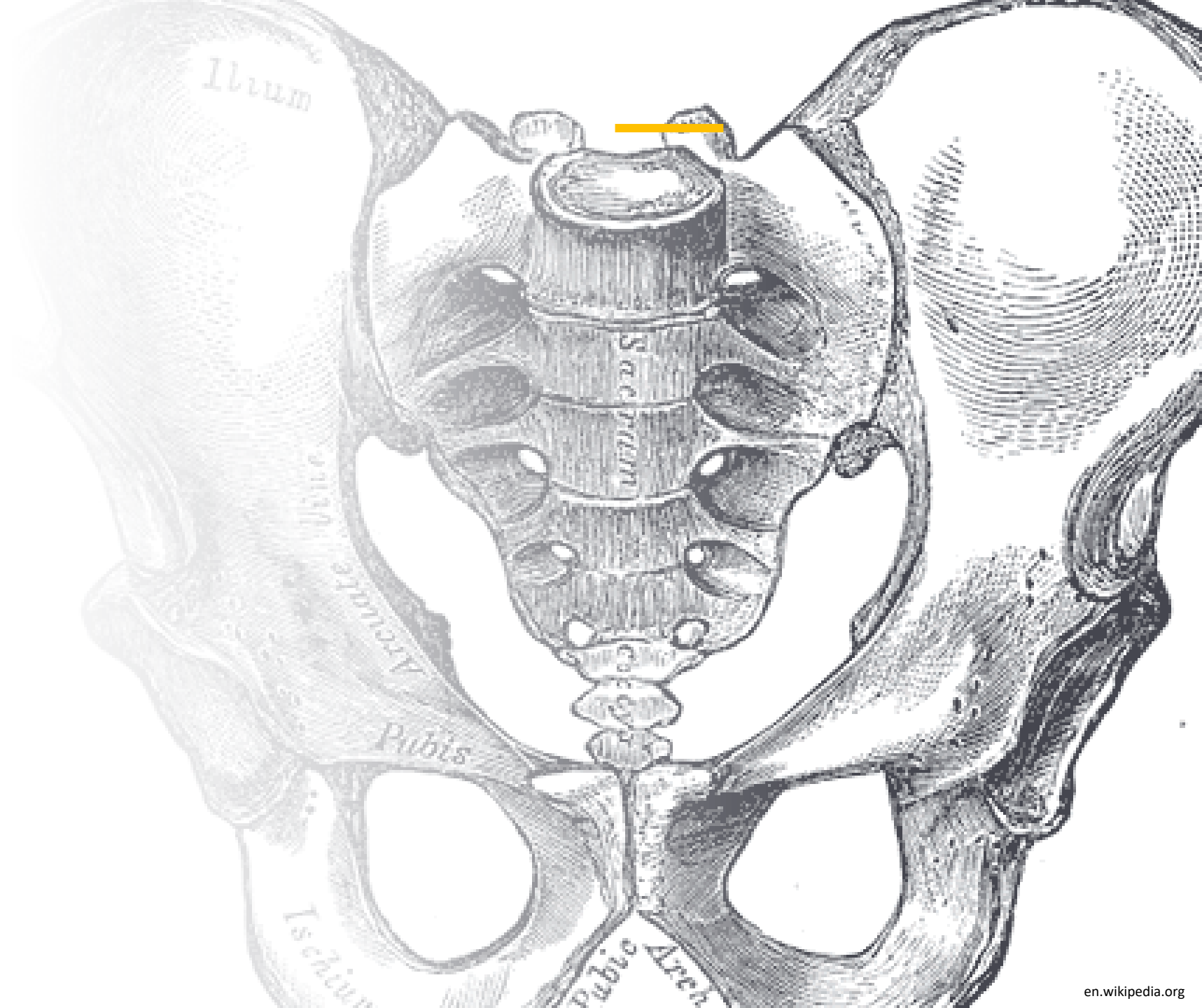


The Why?^{2,3,4}

Pelvic Floor Physical Therapy has been shown to improve...



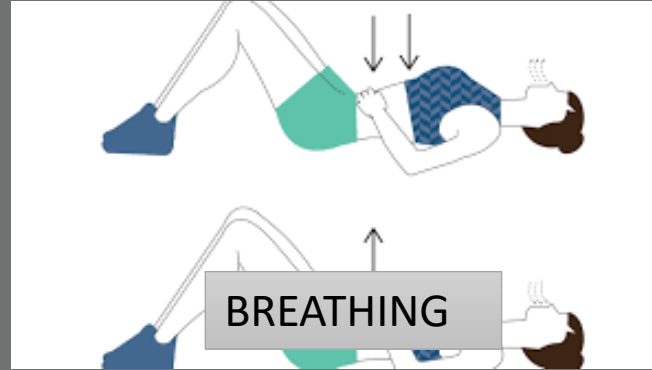
How?



What is pelvic floor physical therapy?



advancedgynecology.com



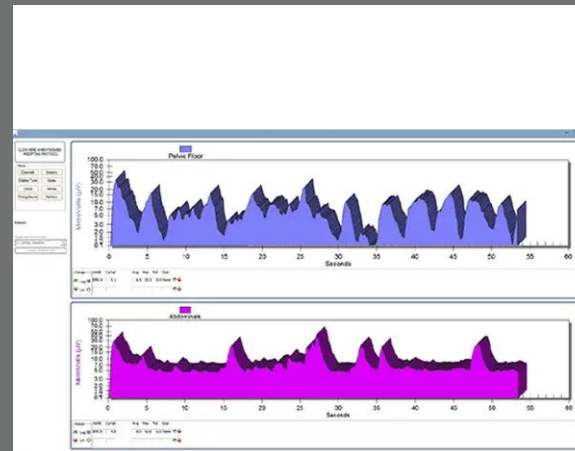
fosters.com



rush.edu



bezzym.com



BIOFEEDBACK TRAINING

medicalexpo.com



eatingwell.com

What does a first appointment look like?

Discussion

- Lifestyle
- Pelvic Symptoms – Bladder, bowel, sexual screening
- Intake – Food/Water
- Impact on your life
- MS History

Testing

- Hips
- Abdominals
- Back
- Diaphragm
- Pelvic Floor *

Plan Creation

- Visit planning
- Goal Creation
- Expectations of improvement

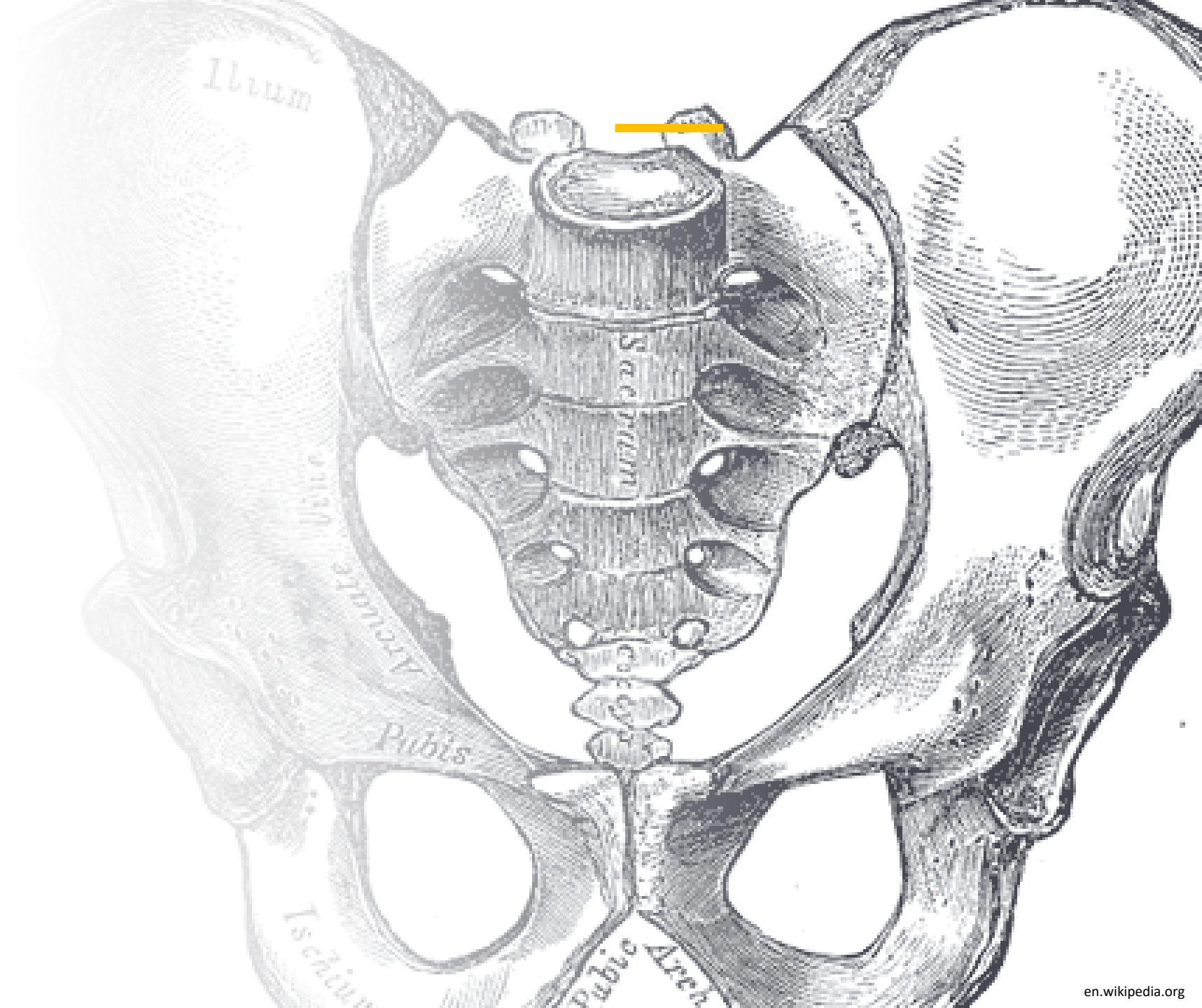
Homework

- Bladder/Bowel Diaries
- Exercises
- Lifestyle Changes
- Education





Who? Where?



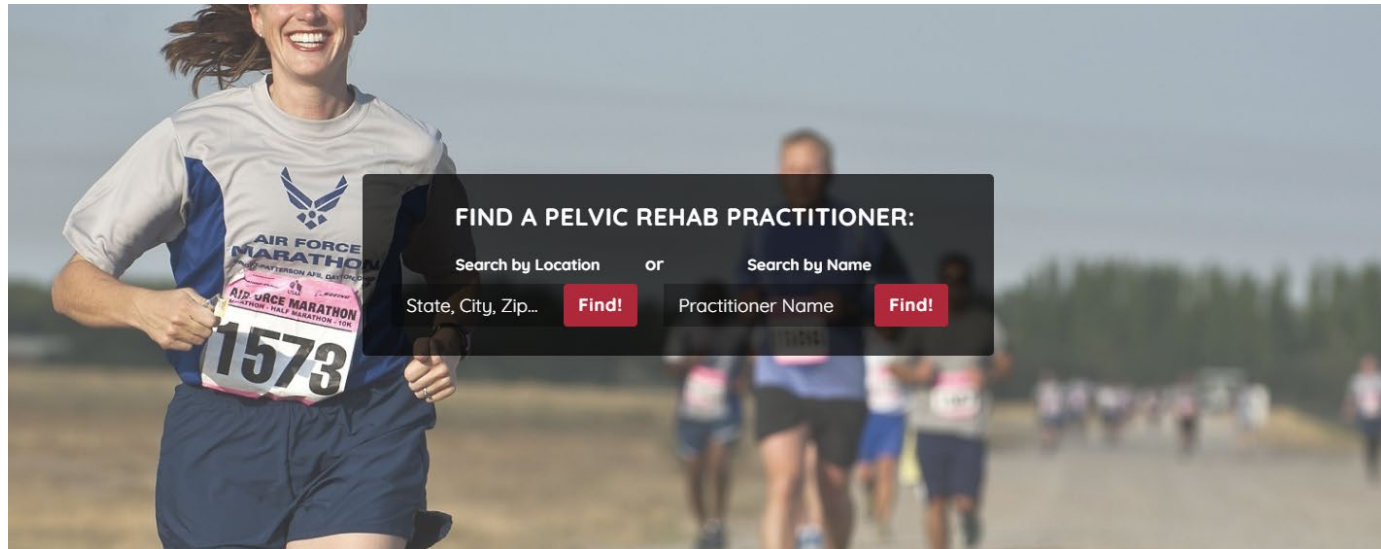
The Who? - The Ohio State University

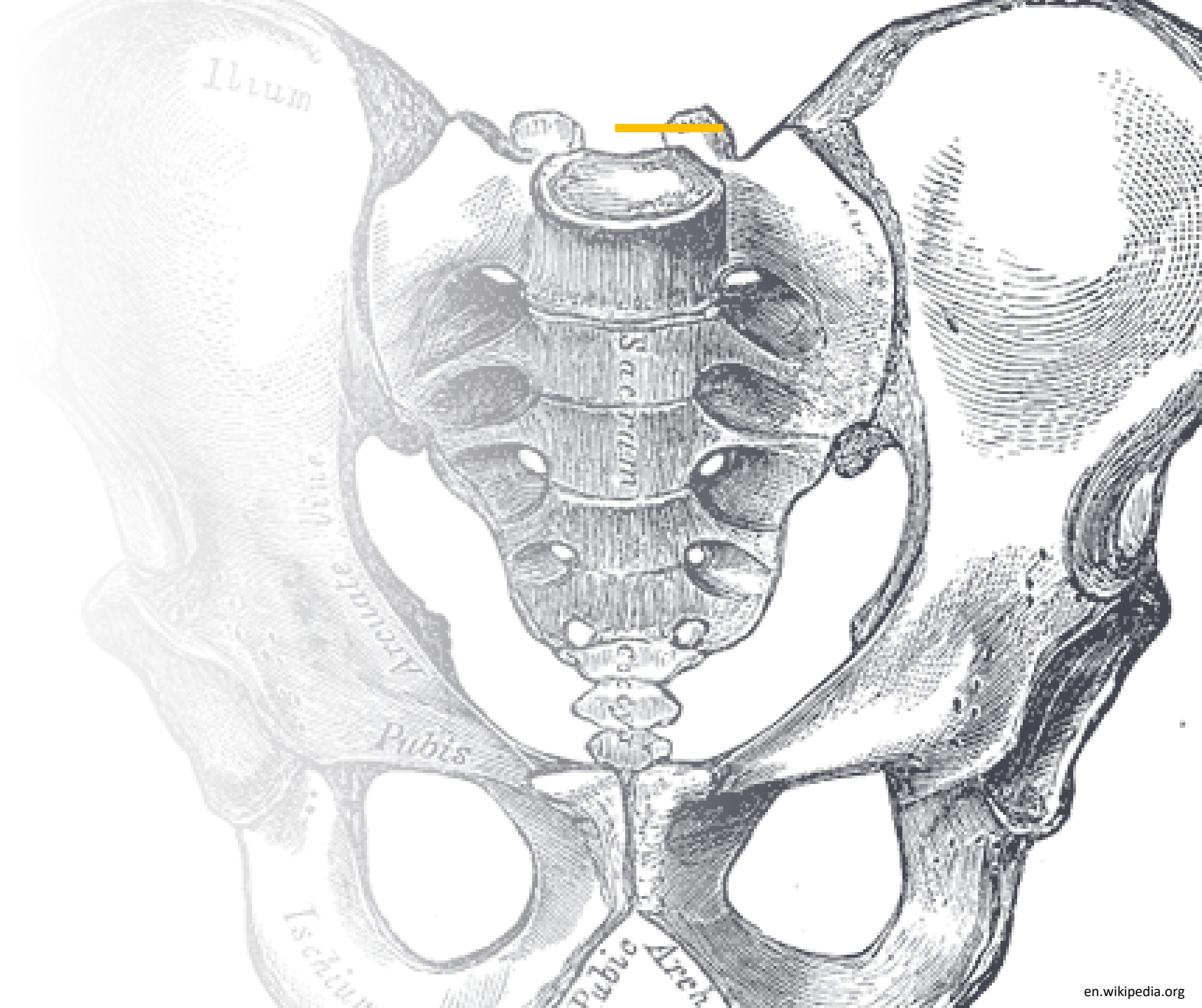


Where else can I find a pelvic floor PT?

Pelvic Rehab Locator - <https://pelvicrehab.com/>

Academy of Pelvic Health PT Locator - aptapelvichealth.org/ptlocator



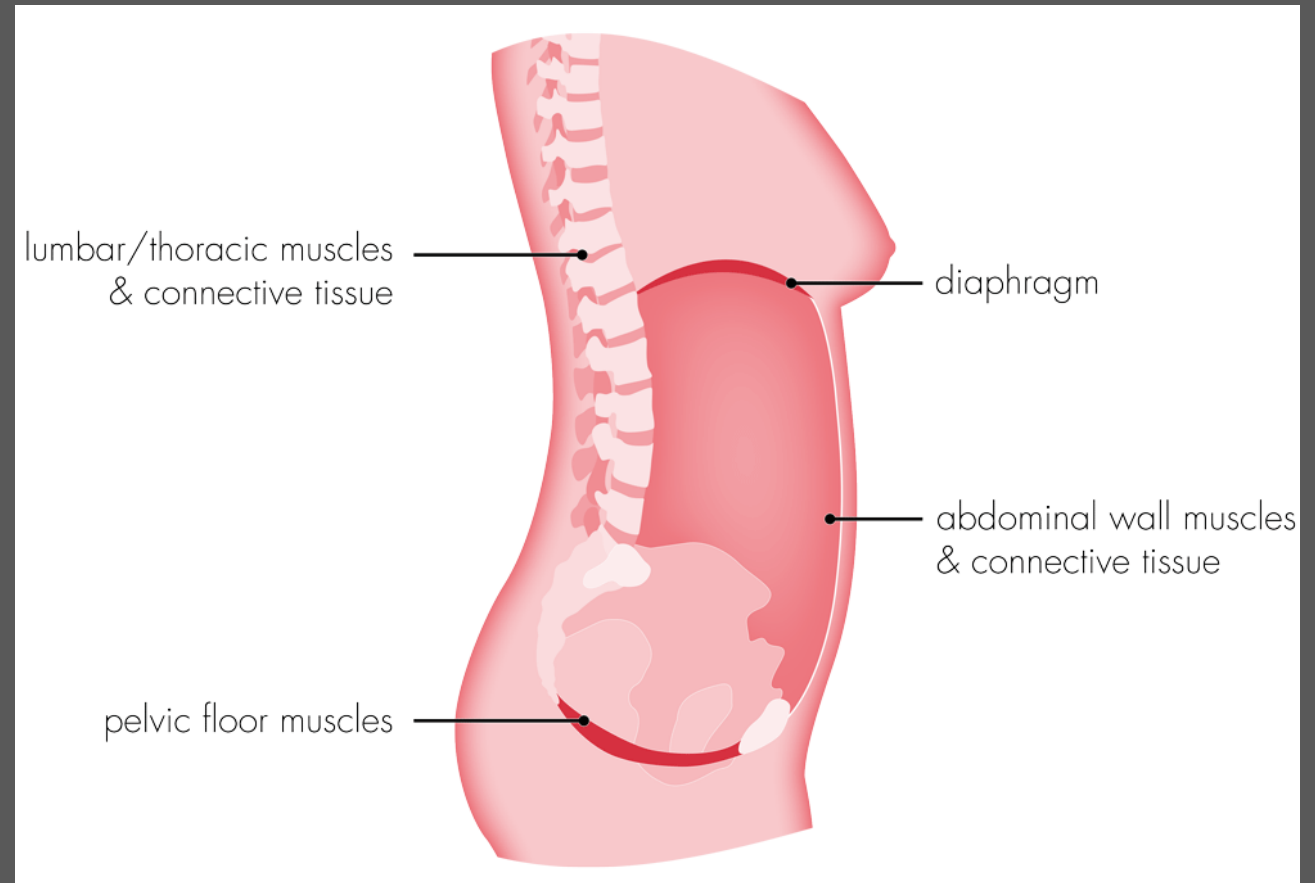


What can I do right now?

Breathing exercises!

- a. Breathe in through your mouth/nose. Let air fill your lungs, your belly will rise and allow your ribs to open.
- b. Exhale slowly, allowing your belly to go back to resting.
- c. Try this exercise 3-4 times per day for around 10-20 breaths.

This simple exercise will set you up for success when you do start physical therapy with a pelvic health provider.



eu.perifit.co

*It should not feel like you are forcing air in OR out.

References

1. Giannopapas V, Kitsos D, Tsogka A, Tzartos JS, Paraskevas G, Tsivgoulis G, Voumvourakis K, Giannopoulos S, Bakalidou D. Sexual dysfunction therapeutic approaches in patients with multiple sclerosis: a systematic review. *Neurol Sci.* 2023 Mar;44(3):873-880. doi: 10.1007/s10072-022-06572-0. Epub 2022 Dec 31. PMID: 36585597; PMCID: PMC9925549.
2. Preziosi G, Gordon-Dixon A, Emmanuel A. Neurogenic bowel dysfunction in patients with multiple sclerosis: prevalence, impact, and management strategies. *Degener Neurol Neuromuscul Dis.* 2018 Dec 6;8:79-90. doi: 10.2147/DNND.S138835. PMID: 30584387; PMCID: PMC6287516.
3. Sparaco M, Bonavita S. Pelvic Floor Dysfunctions and Their Rehabilitation in Multiple Sclerosis. *J Clin Med.* 2022 Mar 31;11(7):1941. doi: 10.3390/jcm11071941. PMID: 35407549; PMCID: PMC8999571.
4. Yavas I, Emuk Y, Kahraman T. Pelvic floor muscle training on urinary incontinence and sexual function in people with multiple sclerosis: A systematic review. *Mult Scler Relat Disord.* 2022 Feb;58:103538. doi: 10.1016/j.msard.2022.103538. Epub 2022 Jan 18. PMID: 35066277.