

# Physiotherapy for pelvic floor muscles

**In the case of urinary problems and uterine prolapse, it is necessary to learn how to correctly tighten the pelvic floor muscles to prevent and treat urinary incontinence and organ prolapse.**

This is aided by a physiotherapist who performs a vaginal examination, which is used to evaluate the contractile strength of the pelvic floor muscles. According to the evaluation results an individual treatment plan is composed and pelvic floor muscle therapy is performed.

The physiotherapists of the Clinic of Medical Rehabilitation of East Tallinn Central Hospital have completed a course on the contemporary and evidence-based physiotherapeutic evaluation and management of urodysfunction in women.