

Midwifery at Green Landing – Resource Page

Topic: Physical Therapy for Pelvic Health

This resource page has been compiled to provide access to more detailed information about pelvic health and pelvic health physical therapy (PHPT).

Topic: Pelvic Anatomy Video: <https://vimeo.com/204691172>.

3-minute video that layers the muscles of the pelvic floor, deep to superficial, providing multiple angles of the pelvis and muscle anatomy.

Topic: Pelvic health physical therapy educational blog.

<https://dianeleeophysio.com/education/>

Diane Lee, PT is a Vancouver, BC based physical therapist. She is a deep well of information that many pelvic health physical therapists look to for education and training on helping patients restore their pelvic health.

Topic: Pelvic health and healing: <https://pelvicguru.com/>

This site contains a wealth of information for clients and health care professionals. The mission of this organization is to provide awareness of and access to reliable information about pelvic health and normalize conversations about this area of the body.

Topic: Pre-natal, post-partum, and motherhood: <https://instituteforbirthhealing.com/>

The Institute for Birth Healing website and Facebook page are educational resources for mothers and healthcare professionals helping women heal and recover after giving birth.

Topic: Pelvic Health and Sports Medicine for Women and Healthcare Practitioners.

<https://www.juliewiebept.com/>

Julie Wiebe, PT teaches internationally and specializes in recovering fitness after pregnancy and injury providing innovative solutions with her evidenced based, integrative approach through her video blog, social media and courses.

Topic: Pain Science: An informative and humorous video by Lorimar Mosley, a clinician and expert in treatment of chronic pain.

<https://www.youtube.com/watch?v=gwd-wLdIHjs>

Topic: Post-menopause Vaginal Hygiene: Research paper on efficacy of non-estrogen vaginal moisturizer for vaginal atrophy/pain in post-menopausal women.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6487289/>

Topic: Vulvar Anatomy. An informative and clever video explaining vulvar anatomy and clitoral stimulation in everyday terms.

https://www.youtube.com/watch?v=L3JE8oj_bWI

Topic: Sexual Function. This article looks at sexual function in women with and without musculoskeletal pelvic pain during the first year after childbirth.

[https://www.jognn.org/article/S0884-2175\(18\)30348-](https://www.jognn.org/article/S0884-2175(18)30348-4/fulltext?fbclid=IwAR0Te3Q4dw_JzqbdVOPHohgIVMDIcEm489UPq1KpRdN6L8nmeXpodR)

[4/fulltext?fbclid=IwAR0Te3Q4dw_JzqbdVOPHohgIVMDIcEm489UPq1KpRdN6L8nmeXpodRC6g2w](https://www.jognn.org/article/S0884-2175(18)30348-4/fulltext?fbclid=IwAR0Te3Q4dw_JzqbdVOPHohgIVMDIcEm489UPq1KpRdN6L8nmeXpodRC6g2w)

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Assessment Measures

Pelvic Floor Distress Inventory: Click “Instrument Details” to open and print out questionnaire. <https://www.sralab.org/rehabilitation-measures/pelvic-floor-distress-inventory-20>

Pelvic Floor Impact Questionnaire: Click “Instrument Details” to open and print out questionnaire. <https://www.sralab.org/rehabilitation-measures/pelvic-floor-impact-questionnaire>

Female Sexual Function Index: <http://www.fsfiquestionnaire.com/>

Incontinence Impact Questionnaire: <https://www.womenscare.com/wp-content/uploads/2013/04/inconques.pdf>

Oswestry Disability Index:
http://www.rehab.msu.edu/_files/_docs/oswestry_low_back_disability.pdf

Lower Extremity Functional Scale: http://www.rehab.msu.edu/_files/_docs/LEFS.pdf

Vulvar Pain Functional Questionnaire: <https://www.nppt.com/files/forms/Vulvar-Pain-Functional-Questionnaire.pdf>

Herman and Wallace blog post regarding purpose and scoring for impact of vulvar pain on daily life. <https://hermanwallace.com/blog/vulvar-pain-functional-questionnaire-1>

PISQ-IR Validated evaluation tool which can be used clinically as well as in research for assessment of female sexual function (FSF) in women with female pelvic floor disorders. <https://www.iuga.org/resources/pisq-ir>

Guidance for Making a Referral

1. Cozean screening questionnaire for pelvic health dysfunction. The link below brings you to blog post by the creator and an active link to print out the questionnaire. <https://hermanwallace.com/blog/simple-screening-questionnaire-for-pelvic-floor-dysfunction>
2. Google Search for PHPT in your geographic area: “pelvic physical therapy”, “pelvic health physical therapy”, “women’s health physical therapy”, “physical therapy for incontinence”, “physical therapy for pelvic pain”, etc.
3. Directory search through www.pelvicguru.com. You will be brought directly to the home page where you can input information to search through their directory.
4. Directory search through <https://instituteforbirthhealing.com/business-directory/>.

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