Women’s Pelvic Floor Rehabilitation

# Conditions which can be treated by a pelvic floor health specialist

* **Abdominal weakness**
* **C-section scar pain or adhesions**
* **Diastasis Recti:** separation of the front of the abdominal muscles
* **Dyspareunia**: genital pain with penetration
* **Episiotomy scar pain or adhesions**
* **Interstitial cystitis**: A painful bladder syndrome
* **Pelvic floor weakness**
* **Pelvic Organ Prolapse (POP):** A descent or bulging of one or more of the pelvic organs into the vagina.  (Rectocele, Cystocele, Uterocele, Urethrocele, etc.)
* **Pregnancy or delivery-related musculoskeletal imbalances or pain**
* **Stress urinary incontinence (accidental leaking with activities such as running, jumping, coughing, sneezing)**
* **Urge incontinence (sudden strong urges that make it hard to reach the bathroom in time)**
* **Vaginismus**: An often painful involuntary spasming of the vaginal muscles
* **Vestibulitis/Vestibulodynia**: Pain in the vestibule area of the vulva where the skin on the outside meets the vagina
* **Vulvodynia**: A pain syndrome that affects the vulvar area

**A. A’s Testimonial:**

I've been working with Mari on Stress Urinary Incontinence (SUI), Diastisis Recti and pelvic floor rehabilitation for a few months, and I am surprised how quickly progress has been made. Mari is very detailed oriented and even the smallest movements can be challenging with the correct form. Not only is my core feeling stronger, but there is noticeable abdominal definition. The core strength and stability has really made an impact on my workouts as well. My trainers are commenting on my improved form when I am taking fitness classes, and I'm hitting new personal records. I wish I would have seen Mari years earlier and suggest her to all mothers dealing with the effects of pregnancy and labor.

Mari is easy to work with, friendly and very knowledgeable. She is a great find in Tokyo, I highly recommend her services.

A. A. (39 years-old)