



LakeCityPT  
PHYSICAL THERAPY

3 THINGS  
*EVERY*  
CROSSFITTER  
*SHOULD KNOW ABOUT*  
THE PELVIC  
FLOOR

SHEREE DIBIASE PT

# *1*

## AN OVERACTIVE PELVIC FLOOR IS NOT A HEALTHY PELVIC FLOOR

Often I meet Crossfitters who think that the stronger their pelvic floor is, the healthier it is. This is not entirely true. The pelvic floor can often become too short and too tight when training with heavy loads. This can cause pain and limit physical peak performance. Learning to find the balance with the pelvic floor makes exceptional Crossfitters.

# 2

## CORE EXERCISES ARE NOT ENOUGH TO ENSURE PELVIC HEALTH

Pelvic floor muscles have a special job as part of the core. Specific exercises are needed to engage these muscles to make them effective as they integrate with the other core muscles. Pelvic Health Physical Therapists will teach you these specific exercises, they are not just traditional Kegels.

# 3

## THERE ARE PELVIC FLOOR TECHNIQUES SPECIFIC FOR ATHLETES

Like all things in life, not all pelvic floor physical therapy is the same. How you train an athlete for their sport is different than how you train a non-athlete for their daily life, because their physical challenges are different. A pelvic health physical therapist will establish specialized training for sport specific athletes, so they can optimize their ability and elevate their performance.

# *Contact*

DID YOU KNOW YOU  
DON'T NEED A  
PHYSICIAN REFERRAL  
TO SEE A PT?

Lake City Physical Therapy is able to see  
all patients through direct access.

This means that you can call any of our  
offices and make an appointment for an  
evaluation.

## **Click To Call Now:**

Spokane Valley - (509) 891-2623

Coeur d alene - (208) 667-1988

Hayden - (208) 762-2100