



we COUNT

MEASURING THE HUMAN TOLL
OF INCONTINENCE

About **40% of Women**
will report *pelvic floor issues*
in their lifetime



The pelvic floor is a group of muscles that forms a supportive “hammock” at the bottom of the pelvis, helping hold the bladder, uterus, and bowel in place and control bladder and bowel function. Strengthening these muscles can help you control your symptoms.

Pelvic Floor Symptoms Include:

- Urinary incontinence
- Pelvic organ prolapse
- Pelvic pain
- Painful intercourse

The Scope of the Problem:

- **25–50%** of women report pelvic floor symptoms, yet many consider them “normal” or feel embarrassed to seek help.
- **Nearly 50%** of women develop a pelvic floor issue within 10 years of childbirth.
- Pelvic organ prolapse affects nearly **1 in 5 women by age 80**.
- Up to **3 in 4 women** experience painful intercourse at some point in life.

First-Line Treatment Exists

Pelvic floor physical therapy is recommended, evidence-based care.

- The American College of Physicians recommends pelvic floor muscle training as **first-line therapy** for stress urinary incontinence.
- Supervised **pelvic floor muscle training** improves symptoms in up to 70% of women.

The Care Gap

- **Fewer than half** of women referred to pelvic floor physical therapy begin treatment.
- Only about 15% complete recommended programs.

Closing the Gap

Pelvic floor disorders significantly affect quality of life, relationships and daily function. At the same time, effective non-surgical treatment is widely recommended and supported by strong data. Women deserve earlier conversations, better referrals and greater access to specialized pelvic health care.

NATIONAL ASSOCIATION



Help is available. Pelvic floor disorders can diminish quality of life, but professional help, including pelvic floor physical therapy, can make a real difference – [click here to learn more now:](#)

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