

January 26, 2021 Speaker: Nelly Faghani, “Focus on Pelvic Health”



Nelly Faghani

Physiotherapist

Specialist in Treating Pelvic Health Issues

Co-Owner of Seven Physiotherapy Clinics

in the Greater Toronto Area

Pelvic health is a topic that is not often discussed but the concerns associated with poor pelvic health are common. Nelly Faghani is a physiotherapist who specializes in pelvic health physiotherapy (the evidence-based treatment of pelvic floor dysfunction). She treats individual patients and provides post-graduate education and training for other physiotherapists.

The CFUW Aurora/Newmarket membership was privileged to have Nelly as the speaker at the January 2021 general meeting. This meeting was opened to the general public and, through publications and press releases in local media, sparked the interest of many potential members as a total of 175 women attended the Zoom meeting on January 26th. Nelly provided information on what pelvic health physiotherapy is, why good pelvic health is important, and how to obtain the specialist assessments required to ensure good pelvic health in a professional yet warm and engaging manner.

As with any medical issue, Nelly indicated it is important to have a consultation with your primary care physician who can provide a referral to an appropriately trained pelvic health physiotherapist. These physiotherapist specialists can also be contacted without a referral. Practitioners will do an assessment and create a specific treatment plan depending on each individual’s health situation. Many private insurance plans will cover the cost of the physiotherapist visits or they may be covered by OHIP depending on the patient’s circumstances.

Nelly spoke about the function of the pelvic floor muscles and how, in most cases, we do not know these muscles exist and do nothing to ensure their good health. She described several conditions associated with poor pelvic health, the most common being urinary incontinence.

One third of women suffer from this condition. But only 1 in 12 makes her incontinence known to health care professionals. This silence is due to embarrassment, thinking surgery will be necessary or that incontinence is a normal aging process and “we just have to live with it”.

Urinary incontinence is also the second most common cause of institutionalization. In addition to the physical consequences, Nelly explained that poor pelvic health has social consequences, as well. It can lead to decreased self-esteem and lessened social and physical activity. Nelly stressed that the condition is treatable. Radical treatments are not the norm. Pelvic floor training is the first-line treatment in many cases.

Many women may have been counselled to exercise their pelvic floors by doing “Kegel” exercises and were given written or oral instructions on how to perform them. Current practice dictates that these exercises may not be appropriate in all cases. When they are appropriate, the proper performance of Kegel exercises should be confirmed through professional examination.

Nelly listed several practices that can assist with incontinence such as: proper hygiene avoiding soaps and washing with water only; using products designed for incontinence and not menstrual pads; staying well hydrated; and avoiding bladder irritants such as caffeine, alcohol, spicy food and carbonated beverages.

Pelvic floor physiotherapists will provide 1-1 assessments. They are trained to take a holistic patient approach. They treat the physical issue as well as related psychological and social issues taking into account education, individual exercise programs, positive messages and strategies to execute the treatment plan.

We are fortunate in Aurora and Newmarket to have a health professional specialist such as Nelly Faghani. She provides important information for maintaining good health in a comprehensible manner.

Nelly can be reached through her website at www.pelvichealthsolutions.ca

Submitted by Donna Smith, Program Committee Member