

Cystocele Education

Information about your diagnosis:

- A cystocele is when the bladder loses its support and protrudes into the vaginal canal.
- A cystocele can be mild to severe depending on how much it has protruded into or out of the vaginal canal.
- A cystocele can cause the following:
 - Feeling of heaviness in pelvic area
 - Incomplete bladder emptying
 - Bladder retention as urine gets “stuck” in the pocket being formed
 - Urinary leakage

How you treat a cystocele, urinary leakage, and incomplete bladder emptying:

- Assess the pelvic muscles (evaluation)
- Often pelvic muscles are restricted and people have difficulty relaxing or lengthening those muscles and have poor control of their muscles
- Once you are able to relax the muscles fully, we focus on retraining and isolating the muscles to promote strength and endurance
- Diaphragmatic breathing assists with pelvic floor lengthening/stretching
- Strengthening exercises are taught to promote strength, endurance and support of the organs

