



Sexual Assault & Pelvic Floor Disorders

Does sexual assault cause pelvic floor disorders (PDFs)?

Yes. Research shows that survivors of sexual assault have a higher chance of experiencing pelvic floor disorders.

Symptoms of Pelvic Floor Disorders In Survivors

- Pelvic pain
- Urinary incontinence
- Dyspareunia
- Dysmenorrhea
- Fecal incontinence
- Painful bladder syndrome / interstitial cystitis
- Abnormal menstrual bleeding
- Vaginismus
- Pelvic organ prolapse
- Vulvodynia
- More severe constipation
- Functional gastrointestinal disorders

Healthcare Tips for Survivors

If you're experiencing symptoms of PFDs or incontinence based on a history of sexual assault, there are treatments available.

Find Trauma-Informed Care



Find providers who acknowledge the impact trauma can have.

Make a Plan With Your Providers



Address any psychological or physiological issues.

Remember That Help Is Available



There are providers equipped to handle trauma. You aren't alone.