**What is the Pelvic Floor?**

The pelvic floor is the hammock-like, muscular base of the abdomen that spans from the pubic bone at the front of the body to the coccyx at the back. It provides a shelf of support for your internal organs and also aids in urination and elimination through the contraction of the muscle.

When someone has an overactive pelvic floor, this muscular base finds itself contracting with unnecessary frequency and intensity. This can cause an extreme tightening of the vagina which makes sexual activity painful.

**How is Overactive Pelvic Floor Disorder Treated?**

There are a variety of physical therapies - such as vaginal dilator exercises - that can be practiced to relax these intense contractions of the pelvic floor. While all treatment options will first be discussed with your healthcare provider, patients may expect some form of physical therapy to be used.