



## Patient Success Stories

Evelyn, who is in her early 70's, was experiencing leakage for two years before she found out about physical therapy as a treatment option. She was able to stop taking the incontinence medication after a couple of weeks of therapy and now drinks caffeine without problems.

*"Many women do not like to discuss this problem, but I never felt uncomfortable talking with her, even from the beginning. She gave me exercise techniques to do as she saw I could take them on. She never rushed me."*

Tammy suffered for over a decade with vaginismus, a condition that makes routine pelvic exams and intercourse very painful or in severe cases, impossible.

*"It was the nurse practitioner at my primary care doctor's office that told me about physical therapy as a treatment option. It was not even two months of going to physical therapy that I was able to have intercourse with my husband without pain for the first time in ten years."*

## Services

- Pelvic Pain
- Vaginal Pain and Dysfunction
- Pregnancy/Post-Pregnancy Related Pain
- Bladder Dysfunction • Osteoporosis

For appointments or questions:  
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**PHYSICAL THERAPY**

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WOMEN'S HEALTH

## Pelvic Floor Rehabilitation

*"I want people to know they are not alone; and it's not something that they have to live with."*

Tammy - Grand Blanc



OAKLAND

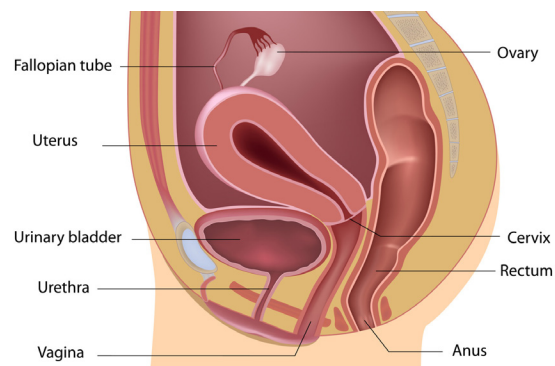
**PHYSICAL THERAPY**

## Symptoms Commonly Treated

- ✦ Urinary incontinence (leakage)
- ✦ Urinary urgency and frequency
- ✦ Painful intercourse or pelvic exam
- ✦ Back, pelvic, or abdominal pain

## Other Diagnoses that may Cause Pelvic Floor Problems

- ✦ Levator Ani Syndrome
- ✦ Pelvic Organ Prolapse (cystocele/rectocele)
- ✦ Post-surgical Pain
- ✦ Endometriosis
- ✦ Pudendal Neuralgia
- ✦ Vaginismus
- ✦ Interstitial Cystitis
- ✦ Pregnancy and Postpartum issues
- ✦ Pelvic Cancers (bladder, uterine, cervical, etc)



## Do You Have a Pelvic Floor Problem?

- ✦ Do you leak urine when you cough, sneeze, or laugh?
- ✦ Do you have difficulty starting your stream of urine or dribble afterward?
- ✦ Do you have the urge to urinate so strongly that you cannot hold it?
- ✦ Do you have pain while urinating or having a bowel movement?
- ✦ Do you have painful intercourse or painful pelvic exams?
- ✦ Do you use the bathroom more than eight times a day or more than once per night? Or base your outings around bathroom access?

If you answered “yes” to any of these, talk to your health care provider about the benefits of Pelvic Floor Physical Therapy.

Incontinence and pain are not a normal part of life and can be treated and often prevented.

## How Does the Pelvic Floor Work in Women?

The pelvic floor muscles function to:

- ✦ Close off the urethra and bowels to hold in urine/stool
- ✦ Relax to allow bowel movements and urination
- ✦ Support organs and bones with activities
- ✦ Contribute to healthy sexual function

## Pelvic Floor Rehabilitation Services Offered in a State-of-the-Art Facility

Treatment is provided by therapists with advanced training in the evaluation and treatment of pelvic floor dysfunction.

Treatment may include:

- ✦ Exercises for strengthening and stretching
- ✦ Electrical Stimulation
- ✦ Specialized manual treatment techniques
- ✦ Behavioral training
- ✦ Breathing and relaxation techniques
- ✦ Customized home exercise program
- ✦ Ultrasound
- ✦ Biofeedback with computerized training

For treatment, patients simply need a prescription from a physician.

## Don't Be a Statistic

- ✦ Urinary incontinence affects about 25 million adults; 75-80% of these are women.
- ✦ Women wait an average of six years to seek treatment for their pelvic floor problems.
- ✦ 2/3 of women 30-70 years old have never discussed bladder health with their doctor.
- ✦ The overall lifetime prevalence for chronic pelvic pain is estimated to be 9-16% for men and 24% for women.

The good news is incontinence and pelvic pain do not have to be a normal part of life and can be successfully treated with physical therapy.