

LOCATIONS

**Center for Rehabilitation
McLaren Bay Region - West Campus**
3190 E. Midland Rd. • Bay City, MI
(989) 667-6600
(989) 667-6610 fax

Midland Rehabilitation
801 Joe Mann Blvd., Suite G • Midland, MI
(989) 794-4035
(989) 835-8749 fax

West Branch Rehabilitation
2110 S. M-46, Suite 2 • West Branch, MI
(989) 516-5078
(810) 600-7920 fax

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BAY REGION

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B-91 (8/20)



PELVIC FLOOR REHABILITATION

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Rehabilitative Services*



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PHYSICAL THERAPY TREATMENT INCLUDES:

- Treatment to reduce pain
- Manual therapy to correct pelvic and low back alignment and restore soft tissue mobility
- Biofeedback training to regain proper function and coordination of the muscles of the pelvic floor
- Electrical stimulation to retrain the muscles and reinforce motor recruitment with exercise
- Bladder retraining
- Therapeutic Exercise to increase core strength, pelvic floor strength and posture
- Dietary and fluid intake education
- Education on the pelvic floor, hip and low back muscles that may be causing pain
- Education on the use of dilators

PELVIC FLOOR DYSFUNCTION

Pelvic Floor Dysfunction refers to a broad range of conditions experienced by both men and women that can occur when the muscles of the pelvic floor become weak, tight or in spasm. Common causes include post surgery, childbirth, stress, following cancer or radiation and as a result of the natural course of aging.

COMMON SYMPTOMS INCLUDE:

- Pain in the pelvis, abdomen or tailbone
- Heavy feeling/pressure in the abdomen
- Accidental leakage of urine or feces
- Frequency and urgency to go to the bathroom
- Chronic constipation
- Pain with intercourse

