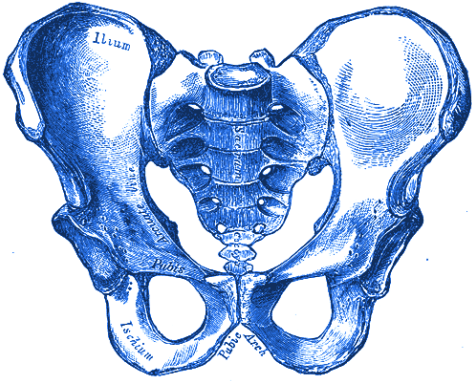




MADRAS PHYSICAL THERAPY

ORTHOPEDIC & NEUROLOGIC REHABILITATION



Pelvic Floor Therapy

What is it?

Physical therapy that address various issues related to the

musculoskeletal system of your pelvic floor

What are some pelvic floor commonly diagnosed issues?

- ⇒ Urge Incontinence
- ⇒ Stress Incontinence
- ⇒ Constipation
- ⇒ Pelvic floor muscle spasm
- ⇒ Pain with intercourse
- ⇒ Chronic pelvic pain
- ⇒ Diastasis Recti-separation of muscle tissue at the abdomen

How does physical therapy treat these pelvic floor diagnoses?

- ⇒ Myofascial release
- ⇒ Scar tissue or soft tissue mobilization
- ⇒ Therapeutic exercise
- ⇒ Pelvic floor strengthening, core stabilization
- ⇒ Behavioral modification: including drinking, eating and toileting habits
- ⇒ Patient education
- ⇒ Biofeedback

Who do I contact if I have a pelvic floor issue or concern?

- ⇒ Contact your primary care doctor for a referral to:

MADRAS PHYSICAL THERAPY

541-475-2571

