

What patients have to say!

*"Pelvic Floor Therapy helped me with a very embarrassing problem."*

*"It reduced my pain and improved my sex life!"*

*"My quality of life has been profoundly changed for the better."*

Now, let's get started!

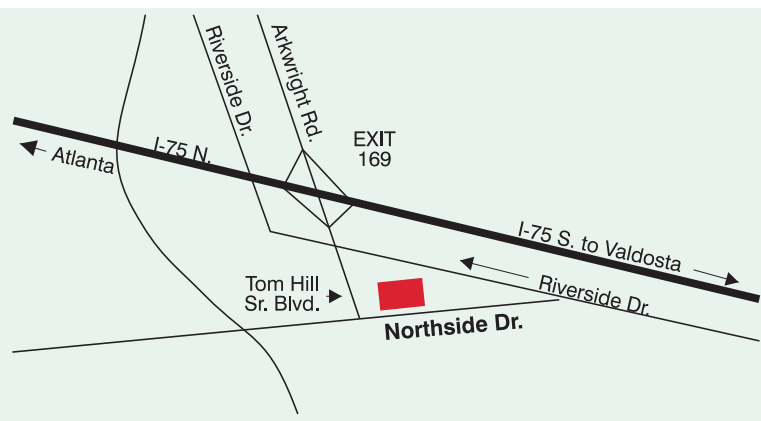
*Talk* with your doctor about your symptoms

*Ask* for Pelvic Floor Therapy referral

*Contact us* to schedule an appointment at

(478) 201-6748 or fax prescription to

(478) 757-0884



RehabilitationHospital  
NavicentHealth

# Pelvic Floor THERAPY



## Did *you* know?

*According to research\**

1 in 3 women will report having pelvic floor dysfunction.

Non-operative management of pelvic floor dysfunction is a safe and effective way to overcome many pelvic floor complaints.

To maintain a healthy pelvis, women are recommended to do Kegel exercises 2 to 3 times per day.

\*University of Missouri-Columbia "Comprehensive, nonsurgical treatment improves pelvic floor dysfunction in woman." Science Daily 10 Jan 2014  
[www.sciencedaily.com/releases/2014/01/140110131032.htm](http://www.sciencedaily.com/releases/2014/01/140110131032.htm)

### *Our Services*

Bladder Conditions

Bowel Conditions

Pelvic and Genital Pain Conditions

Pregnancy or Postpartum Conditions

Other Conditions

### **The Program**

Exercises that are tailored to meet your specific needs

Education about your condition, symptoms and treatment

Biofeedback Training to retrain your pelvic floor muscles

Manual Therapy such as soft tissue mobilization to decrease muscle tension and release trigger points

## Are *you* a candidate for Pelvic Floor Therapy?

### Take the Quiz

#### Do you Leak Urine:

When you cough or sneeze?	Y N
With exercise of exertion?	Y N
On the way to the bathroom?	Y N
More than 6 weeks after childbirth?	Y N

#### Do you Notice:

Pain with intercourse?	Y N
Frequent urination day or night?	Y N
Trouble with constipation?	Y N
Difficulty controlling bowel movements?	Y N
A "falling out" feeling in the pelvis?	Y N
Core or pelvic weakness?	Y N
Pain when sitting?	Y N

#### Do You Need Help With:

Abdominal adhesions and scarring?	Y N
Pelvic or genital pain?	Y N
Hip, back, tailbone pain?	Y N
Pregnancy related round ligament or pubic pain?	Y N
Post-partum related weakness or pain?	Y N
General orthopedic conditions?	Y N

If you answered YES to any of these questions, we may be able to help. Our patients report an 80% - 90% success rate.