

Pelvic Floor Physical Therapy

Do you experience any of the following?

- Going to the bathroom more than 8 times in 24 hours?
- Waking up more than once per night to use the bathroom?
- Leak urine when coughing, laughing, lifting, sneezing, or exercising?
- Get a sudden urge to use the bathroom, when you hear water running, or when you put your key in the front door?
- Experience pain in the pelvic area with sexual intercourse, activities, or exercise?

TAMC Physical Therapy wants people to know what is normal and what is not normal about bladder function. We treat the following:

- Urinary and Fecal Incontinence
- Pain during Sexual Intercourse (dyspareunia, vulvadynia)
- Chronic Pelvic Pain
- Pre/Post-Rehab for pelvic surgeries

Pelvic Floor Weakness can cause many women to suffer from urinary incontinence. Physical Therapy can help! Stress incontinence occurs when urine leaks out during activity due to weak pelvic floor muscles or weak sphincter muscles. Urge incontinence is when your bladder feels full and urine pushes out. There is sudden, uncontrolled, and frequent need to urinate.

Both are very common, especially in these populations:

- Pre-natal and post-partum women
- Women who are post-menopausal or during menopause
- Women who have had pelvic surgeries (e.g., Hysterectomy)
- Women who have had a pelvic injury such as a motor vehicle accident or significant fall
- Those with a history of chronic infections

Healthcare providers, please refer those who may benefit.

For more in-depth information, call 433-5232/6958 to register for our

Pelvic Floor Educational Class
Thursday, 27 May, 10:30 a.m.
Physical Therapy conference room
Mountainside, 3rd floor F wing