

# PELVIC HEALTH PHYSICAL THERAPY



## What to expect during the first visit?

- Private and confidential interview to gain an understanding of the nature of your problem.
- Evaluation of the internal and external muscles of the pelvic floor.
- Education about the identified problem.
- Discussion of the recommended physical therapy methods to treat the problem.
- An individualized treatment plan for you.
- Instruction in what you can do at home to help reduce the symptoms.
- The first visit will last around 60 minutes.
- Physical Therapy is covered by most insurance companies.

## Your treatment options may include:

**Therapeutic exercises** – to strengthen or to relax the pelvic floor muscles.

**Manual therapy** – to improve mobility of muscles and joints.

**Biofeedback** – training to improve muscle coordination and awareness of contracting or relaxing the pelvic floor muscles.

**Relaxation exercises** – to reduce muscle tension and improve muscle activation with breathing and daily activities.

**Postural education** – with sitting and standing.

**Education** – lifestyle changes, such as regular exercise, nutritional supplements, and diet changes.

**Electrotherapy** – to stimulate or relax pelvic floor muscles.

**Modalities** – ultrasound, moist heat or cold packs for pain management.

## Common conditions we treat:

- Urinary incontinence/bladder leakage
- Constipation
- Fecal incontinence
- Interstitial cystitis
- Overactive bladder
- Pelvic floor weakness
- Pelvic pain
- Post-surgical scarring/incisional pain
- Pre and postnatal conditions
- Prostatectomy
- Prostatitis
- Sexual discomfort/painful intercourse
- Other painful conditions following surgeries such as cesarean sections, episiotomies, vaginal reconstruction and hysterectomies

## Treatment goals:

- Improve bladder and bowel control
- Improve blood flow to the pelvic area for better healing
- Improve muscle strength in the pelvic floor
- Improve relaxation of the pelvic floor muscles
- Reduce pain

*Our pelvic floor physical therapists treat patients of all genders.*

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## PATIENT SUCCESS STORIES

### Problem Solved In Three Visits

“I couldn’t believe it,” Donna says of painless pelvic floor physical therapy techniques. She admits that talking about incontinence and seeking help isn’t always easy. With only three visits, Donna had significant improvement. “I still can’t quite believe that this keeps working,” Donna marvels. “It wasn’t medicine I needed to correct me. I’m doing this myself.”

### A Common Sense Approach

Not happy with how an overactive bladder was disrupting her life both day and night, Ann came to St. Elizabeth Healthcare Pelvic Floor Physical Therapy with a simple goal: “I wanted to play nine holes of golf without stopping to go to the bathroom.” After a few lifestyle changes, such as limiting caffeine intake, and a common sense approach to strengthening the pelvic floor muscles, Ann was back to playing golf without stopping to use the bathroom.

### Personalized Plans for Everyone

“After recent penile surgery, I noticed it was painful to sit in a chair. The longer I sat, the worse the pain. The location of the pain discouraged me from talking about it, but I also knew I needed help.

The physical therapist I worked with was trained and experienced with pelvic floor issues that relate to men. She was easy to talk to and immediately made me feel comfortable. After the discussion, her examination indicated that my penile and pelvic floor sitting pain likely resulted from the prior surgery.

Her plan included manual therapy, at-home specific exercises and a recommendation to try meditation. I am so thankful for my physical therapist who guided me out of my pain. It was definitely worth it.”

If you have a referral for physical therapy for your pelvic dysfunction, please call (859) 212-5400 to schedule your private evaluation with one of our specialty trained physical therapists.

Visit us at [stelizabeth.com/pelvicfloor](https://stelizabeth.com/pelvicfloor) for more information about our services. If you have further questions, please contact your physician or a pelvic health physical therapist located near you.

#### St. Elizabeth Florence

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Road Florence, KY  
(859) 212-5400

#### St. Elizabeth Women’s Health Center

600 Medical Village  
Drive Edgewood, KY  
(859) 212-5400

#### St. Elizabeth Ft. Thomas

85 North Grand Avenue  
Ft. Thomas, KY  
(859) 572-3120

#### St. Elizabeth Dearborn

600 Wilson Creek Road  
Lawrenceburg, IN  
(812) 496-8790

#### St. Elizabeth Grant

300 Barnes Road  
Williamstown, KY  
(859) 824-8217