

# Pelvic Floor Rehabilitation

## Who can benefit from Pelvic Floor Rehabilitation?

Pelvic floor physical therapy is for anyone experiencing discomfort, dysfunction or changes in pelvic health.

### These symptoms may be related to pelvic pain including:

- Dyspareunia (painful intercourse)
- Pudendal neuralgia
- Levator ani syndrome
- Bladder Pain Syndrome (Interstitial Cystitis)
- Vulvodynia
- Lichens Sclerosis
- Vaginismus
- Pain in penis or scrotum
- Anal Pain
- Prostatitis
- Endometriosis

### Bowel or Bladder function including:

- Loss of control of urine or stool
- Constipation
- Bladder/bowel urgency or frequency
- Pelvic Organ Prolapse

### Sexual health

- Menopause
- Pre/post-surgery
- Prenatal or postpartum
- Oncology

### Pelvic Health resources for patients:

#### American Physical Therapy Association Pelvic Health

<https://www.aptapelvichealth.org/info/patient-education>

#### Current Medical Technologies

<https://cmtmedical.com>

#### Interstitial Cystitis Association

<https://www.ichelp.org/understanding-ic/learn-about-ic/>

#### Interstitial Cystitis Network

<https://www.icnetwork.org>

#### The Endometriosis Association

<https://endometriosisassn.org>

#### The National Vulvodynia Association

<https://www.nva.org/>

#### International Pelvic Pain Society

<https://www.pelvicpain.org/public>

#### American Urogynecologic Society

<https://www.augs.org/clinical-patient-resources/>

#### Southcoast Menopause Wellness

<https://www.southcoast.org/services/womens-health-services/menopause/>