

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 Sclerosus
- 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 Health Menopause Wellness

<https://www.southcoast.org/southcoast-health-menopause-wellness-program/>