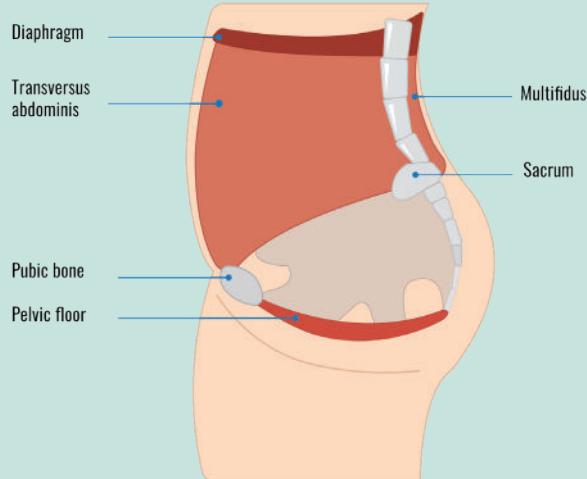


What is the Pelvic Floor?

The pelvic floor consists of several layers of muscle and fascia that connect to the bony structures of the pelvis (hips, pubic bone, tailbone).

The Pelvic Floor



A normal contraction of the pelvic floor can be felt in both the surface and deep muscles. The muscle can function to contract (squeeze to hold back urine), relax (let go) and bear down (push to have a bowel movement).

The pelvic floor muscles function to support healthy bladder, bowel and sexual function. They provide structural support to the pelvic organs and stabilize the trunk and pelvis. A strong pelvic floor can help to manage back, hip and pelvic pain.

Pelvic Health Rehabilitation



We offer specialized care to support your health with expert pelvic floor physical therapy, tailored for all genders.

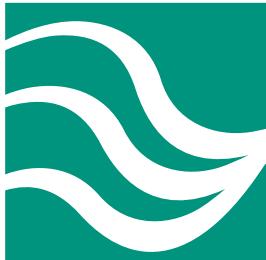
 **Southcoast® Health**

 **Southcoast® Health**

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
- + Bowel or bladder function
- + Sexual health
- + Menopause
- + Pre/post-surgery
- + Prenatal or postpartum
- + Oncology



Rehabilitation Treatment:

From your first visit, our team is here to support you with compassionate, personalized care. Your initial appointment includes a comprehensive physical therapy evaluation to develop a plan of care that addresses your individual needs. The physical therapist will obtain a thorough history of your concerns, as well as your consent for treatment. This evaluation may include an internal vaginal or rectal pelvic floor muscle assessment. Additional assessments may include mobility and musculature of the abdominal wall, hips and spine.

Together, we'll create a treatment plan tailored to your needs. Physical therapy treatment may address findings of weakness, pain, or decreased coordination of the involved muscle group.

If you feel you would benefit from pelvic floor physical therapy, you can obtain a referral from your medical provider and contact us with any questions.

300 B Faunce Corner Road
North Dartmouth, MA 02747

300C Faunce Corner Road
North Dartmouth, MA 02747

263 Stanley Street
Fall River, MA 02720

508-973-9450