



Bladder and Pelvic Floor Fitness

Problems with your pelvic floor can have a big impact on your life. Pelvic floor dysfunction can cause pre- and post-natal pain, urinary incontinence, bowel dysfunction and other issues. While many of these are common, they don't have to be a part of everyday life. They can be treated by a medical team which includes physical therapy.

Mercy Therapy Services has the expertise to evaluate your difficulty and coordinate a treatment plan with your physician.

We look forward to helping you.



Your life is our life's work.

Mercy Therapy Services

Our pelvic floor dysfunction program can help with a wide array of issues including:

- Pre- and post-natal pain
- Bowel dysfunction
- Pelvic pain – male and female
- Tailbone pain
- Low back pain and strain
- Scar tissue adhesions
- Osteoporosis
- Female athletic pain and incontinence
- Pain during sex

Your program may include:

- Instruction in Kegel strengthening exercise for the pelvic floor muscles
- Stretches for the hip girdle
- Gentle electrical stimulation to aid the muscles and decrease bladder irritability
- Bladder training techniques
- Scar-tissue mobilization
- Manual therapy techniques
- Ultrasound
- Education about your specific difficulty and your treatment plan
- Home exercise program

For more information or to schedule an appointment, call one of the following locations.

Mercy Therapy Services

1176 Town and Country Commons
Chesterfield, MO 63017

636.893.1100 | Fax: 636.893.1101

13303 Tesson Ferry | Suite 50A
St. Louis, MO 63128

314.842.4400 | Fax: 314.842.5066

Mercy Therapy Services is a department of Mercy Hospital St. Louis.

