



Men's Pelvic Floor Rehab

Problems with your pelvic floor can have a big impact on your life – including urinary incontinence, pelvic pain, tailbone pain and more. 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 rehab can help with a wide array of issues including:

- Urinary incontinence
(including post-prostatectomy)
- Post-void dribble
- Urge to urinate frequently
- Pelvic pain
- Tailbone pain
- Pain during or after ejaculation

Your program may include:

- Pelvic floor exercises
- Surface EMG biofeedback
- Therapeutic exercise for the core and pelvic girdle
- Manual therapy techniques
- Education

Benefits:

- Improved strength
- Improved bladder control
- Improved confidence and reduced anxiety
- Decreased pain
- Less trips to the restroom

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.*

