



Outpatient Rehabilitation

Pelvic Floor Rehabilitation

Pelvic floor physical therapy is an evidence-based approach to treating pelvic floor dysfunction. The pelvic floor refers to the group of muscles in the pelvic girdle that are responsible for optimal sexual, bowel and bladder function.

Our physical therapists are musculoskeletal experts, specially trained to evaluate and treat individuals with pelvic floor dysfunction. Conditions that might be appropriate for pelvic floor rehabilitation include:

- Urinary incontinence, frequency and urgency
- Bladder and bowel movement dysfunction
- Postpartum and pregnancy wellness
- Diastasis Recti
- Painful sex or pain in the genital area
- Endometriosis
- Menopause symptoms
- Vaginismus
- Pain in the pelvis, hip, abdomen, thigh, or low back
- Interstitial cystitis (IC)
- Pelvic organ prolapse

Evaluating and Strengthening the Pelvic Floor

Pelvic floor therapy begins with a review of medical history, including past surgeries, medications, and sexual, gynecologic or obstetric medical history. We perform a thorough orthopedic examination with close attention to the lumbar spine and hips, gait and posture. The assessment usually includes evaluation of both internal and external muscles to determine an appropriate care plan.

Most pelvic floor therapy techniques are hands-on and include both internal and external treatment. Internal evaluation of the pelvic floor through the vaginal opening or, in some cases, rectum is a valuable tool to assess the health and/or dysfunction of the pelvic floor. External therapy techniques may include but are not limited to nerve release, trigger point therapy, deep tissue massage (myofascial release), skin rolling and joint mobilization.

The type of therapy recommended depends on the symptoms experienced but treatment can include:

- Stretching or strengthening exercises of the legs, trunk or pelvic muscles
- Relaxation exercises for shortened pelvic muscles
- Education in self-management and prevention
- Coordination exercises
- Biofeedback for either relaxation or strengthening of pelvic muscles
- Therapies such as ice, heat or electrical stimulation

Learn more at mercy.net/AdaTherapy or contact us at:

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