Pelvic Floor includes treatment for men and women with urinary or fecal incontinence, urgency/frequency of urination, and/or pain in the pelvic region. This includes: pain in the abdominals, buttocks, pelvic floor, tailbone, vagina, rectum, penis or testicles. The pelvic floor muscles may become weak, tight or spastic as a result of disuse, surgery or trauma. Pelvic floor physical therapists are specially trained to rehabilitate the pelvic floor muscles. The therapist evaluates each individual and develops a plan of care.

### Who is Pelvic Pain & Incontinence Rehabilitation for?

Many people, regardless of gender, experience pain or incontinence of urine or stool during their lifetime.

Some women develop:

* increased tension in pelvic floor muscles causing pain
* vaginal pain with intercourse, tampon use or annual Ob/Gyn check-ups
* incontinence of urine or feces

Many men have problems with:

* chronic genital or groin pain
* frequent urination
* burning with urination (diagnosed as chronic prostatitis)

### What does Pelvic Pain & Incontinence Rehabilitation involve?

Evaluation and Non-Surgical Treatment:

* flexibility and strength assessment
* pelvic floor muscle surface EMG (or biofeedback)
* pelvic area internal and external muscle assessment and treatment
* postural exercises
* myofascial release
* relaxation techniques and diaphragmatic breathing
* development of an individualized home exercise program

### How long will Pelvic Pain & Incontinence Rehabilitation take?

The plan of care is developed specifically to the individual’s needs and goals defined by the patient and evaluating therapist.

### What type of recovery/outcome can I expect from Pelvic Pain & Incontinence Rehabilitation?

While therapy results will vary on each person's condition, expected outcomes from pelvic pain rehabilitation may include:

* decreased pain
* improved urination control
* improved control of bowels