

MOUNT CARMEL  
Pelvic Floor Physical  
Therapy Services



# What is Pelvic Floor Physical Therapy?

The pelvic floor consists of two layers of muscles - a superficial layer of muscles that includes the sphincter (or closure) muscles of the urethra, vagina (in women), rectum and a deep layer of muscles that consists of a hammock-like web that assists in supporting the bladder, uterus (in women), prostate (in men) and rectum. Pelvic floor physical therapy is a special branch of physical therapy that helps treat muscle spasms, weakness, pain and scarring associated with the muscles of the pelvic floor. Our pelvic floor therapists are all female and have had advanced training in the assessment and treatment of pelvic floor dysfunction.

## Incontinence

Incontinence is any unwanted loss of urine, feces or flatulence. There are several types of incontinence, including stress incontinence, or leakage associated with things like coughing, sneezing or physical exertion; urge incontinence, which is a loss associated with a strong sense of urgency; or a combination of these types of incontinence known as mixed incontinence. These conditions can often be treated without surgery by using techniques like pelvic floor and deep stomach muscle exercises, biofeedback, manual therapy and electrical stimulation. Treatments like these help train your muscles to provide the support you need to reduce incontinence and continue with everyday activities.

## Pelvic Organ Prolapse

Pelvic organ prolapse occurs when one of the pelvic organs (bladder, uterus and/or rectum) begins to drop downward into the vagina. This can cause pressure, incontinence, or difficulty urinating and having normal or pelvic bowel movements. Our pelvic floor physical therapists can teach you how to manage these symptoms and strengthen the muscles of the pelvic floor and abdomen to decrease the symptoms associated with pelvic organ prolapse.

## **Pelvic Pain**

Pelvic pain is any pain in your pelvis, abdomen, bladder, buttocks, or genitals. This includes pain with sexual intercourse. Whether it's from an underlying condition, surgery or for unknown reasons, treatment of the pelvic floor muscles may provide relief. Your physician can help you determine if your pain is related to a dysfunction of the pelvic floor muscles, and we can develop a program that may include exercise, manual therapy to painful muscles, electrical muscle stimulation and education to help decrease or eliminate your pain.

## **Constipation**

Constipation is a common problem among men and women of all ages. Certain types of constipation can be caused by difficulty in coordinating the relaxation of the pelvic floor muscles and anal sphincter. If you suffer from constipation, your treatment plan may include education, pelvic floor and abdominal exercises, positioning techniques, biofeedback, manual muscle releases and dietary modifications.

## **Male Pelvic Floor Dysfunction**

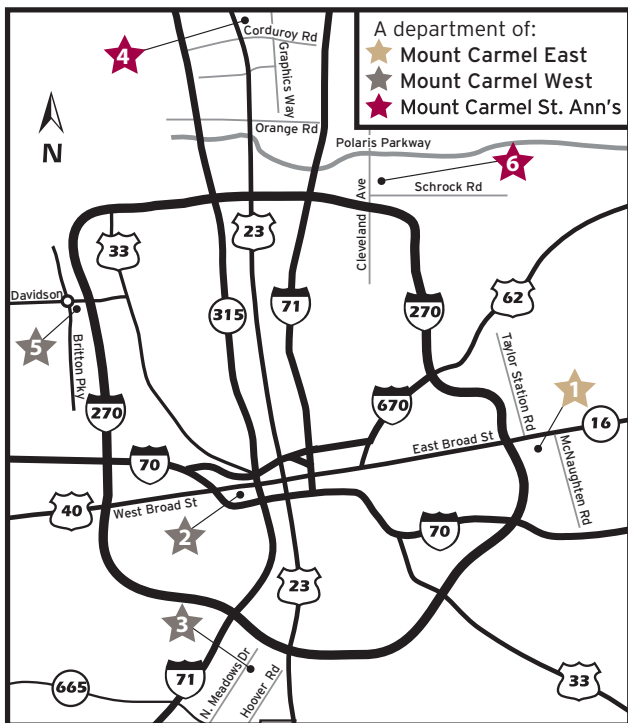
The anatomy of the female and male pelvic floor is surprisingly similar in structure and function. Like women, men may experience incontinence, pain or constipation associated with pelvic floor dysfunction. This can occur after a prostatectomy, prostate infection, abdominal surgery or pelvic surgery. Common treatments include biofeedback, manual therapy, transrectal electrical stimulation, pelvic floor muscle exercise and abdominal muscle training.

## **Eligibility**

If you're interested in enrolling in our pelvic floor physical therapy program, you will need a physician referral, so please talk to your doctor or call one of our offices for more information.

## **Insurance**

In most cases, physical therapy programs are covered by insurance, but check with your insurance provider to be sure and to get specifics about your coverage options.



## Locations

For Initial Rehab Evaluations ONLY, call 614-546-3737, option 1.

### 1 Columbus

5965 East Broad Street, Building 5, Suite 390  
Columbus, Ohio 43213  
Phone: 614-234-8000, Fax: 614-234-8020

### 2 Downtown

745 West State Street, Medical Offices 1, Suite 700  
Columbus, Ohio 43222  
Phone: 614-234-5070, Fax: 614-234-2878

### 3 Grove City

5350 North Meadows Drive, Suite 240  
Grove City, Ohio 43123  
Phone: 614-663-4010, Fax: 614-663-4055

### 4 Lewis Center

7100 Graphics Way, Suite 2200  
Lewis Center, Ohio 43035  
Phone: 740-953-4280, Fax: 740-953-4281

### 5 Hilliard

4674 Britton Parkway, Suite 1700  
Hilliard, Ohio 43026  
Phone: 614-210-4445, Fax: 614-210-4446

### 6 Westerville

444 North Cleveland Avenue, Suite 310  
Westerville, Ohio 43082  
Phone: 614-234-4060, Fax: 614-234-4061

