

Men's Health Pelvic-Floor Physical Therapy Services

A therapist with specialized, advanced training in pelvic-floor rehabilitation works closely with the medical team to provide a multidisciplinary approach for healing dysfunctions and pain within the pelvis and low-back regions. Services are offered for those in their early teens to late adulthood.

Services We Offer

- Biomechanical evaluations
- Educational information for client and/or caregiver regarding healing strategies and home programs
- Individualized strengthening, conditioning and core stabilization programs
- Musculoskeletal evaluations
- Pain relief through advanced manual techniques, including abdominal and rectal myofascial approaches
- Pain relief through modalities such as biofeedback, electrical stimulation and ultrasound
- Pelvic floor training with rectal probes and surface electrodes

Services listed above generally require six to eight physical therapy sessions and are usually covered by most medical insurances. A signed physician prescription is required to render services.

Common Diagnoses Include

- Back pain associated with growth changes, postural deficits, trauma and chronic tailbone pain
- Incontinence related to trauma, surgery (including post-prostatectomy and post-cystoprostatectomy with neobladder) and aging



A physical therapist provides educational information to a patient.

- Rectal pain syndromes (coccygodynia, proctalgia fugax, levator ani syndrome)
- Urinary urgency and frequency (chronic prostatitis, overactive bladder)

Why should you choose Hopkins physical therapy services?

- Our clinics offer private room settings and friendly support staff.
- Each therapist has advanced training to evaluate and treat the pelvic floor region.
- The American Physical Therapy Association (APTA) has acknowledged pelvic floor evaluation and treatment as a specialty since 1993.
- Our facility has advanced-trained therapists and has procured specialized equipment not readily available at other facilities for pelvic-floor dysfunction.

**For more information,
please contact**

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