

# Women'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 teens to late adulthood.

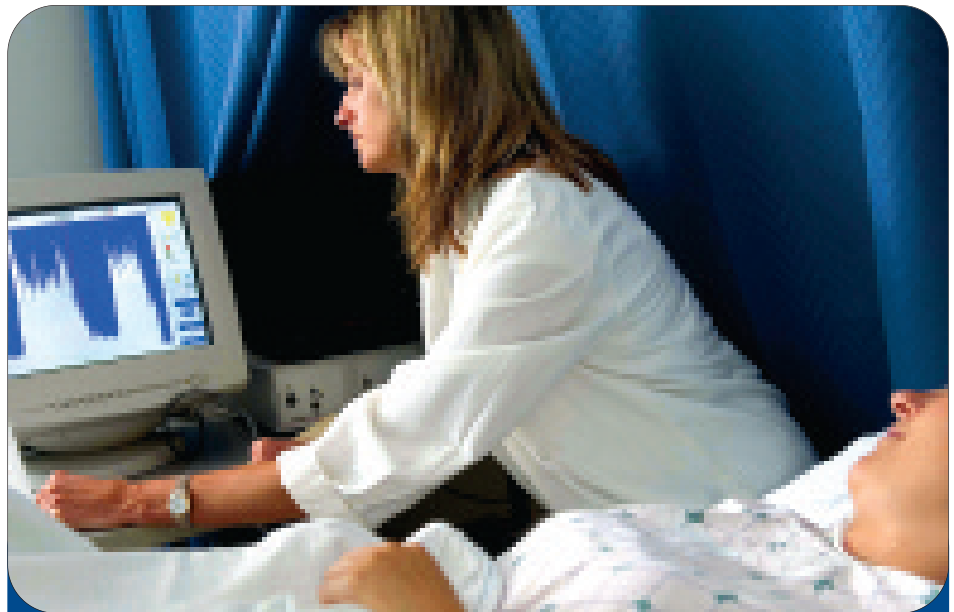
## Services We Offer

- 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, vaginal and rectal myofascial approaches
- Pain relief through biofeedback, electrical stimulation and ultrasound
- Pelvic-floor training with vaginal or rectal probes, vaginal dilators and surface electrodes

The services usually require six to eight physical therapy sessions and are usually covered through 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 menses
- Female athlete-related dysfunctions (osteoporosis, lower-extremity pain, urinary incontinence)
- Incontinence related to trauma, surgery, pregnancy, aging
- Lymphedema related to breast surgery and trauma



A therapist provides pain relief through biofeedback electrical stimulation and ultrasound.

- Osteoporosis (especially related to aging and hormonal changes)
- Pelvic pain syndromes (chronic pelvic pain without etiology, postsurgical pelvic pain, interstitial cystitis, pseudo-visceral referred pain)
- Peri-pregnancy pain, including low back, rectus diastasis, sacroiliac joint, carpal tunnel and thoracic outlet syndromes
- Rectal pain syndromes (coccygodynia, proctalgia fugax, levator ani syndrome)
- Urinary urgency and frequency (detrusor instability, overactive bladder)
- Vaginal pain syndromes (vulvodynia, vulvar vestibulitis, levator ani syndrome, dyspareunia)

## Why should you choose Hopkins physical therapy services?

- Our trained women's health therapists are female.
- Each therapist has advanced training to evaluate the pelvic floor region.
- Clinics offer private room settings and friendly support staff.
- Our facility has advanced-trained

- therapists and specialized equipment not readily available at other facilities.
- The American Physical Therapy Association (APTA) has accepted this advanced subspecialty and philosophy since 1993.
- The Johns Hopkins Hospital has been a leader in developing comprehensive women's health services.

## For more information, please contact

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