

Pelvic Health for Men and Women

Pelvic health physical therapy is a specialized area that addresses dysfunctions of the pelvic floor for both women and men. These dysfunctions can often show up in unexpected or “disguised” ways, such as low back pain or hip pain, and can greatly impact one’s quality of life. Physical therapy can provide the proper assessment, treatment, and education needed to guide one on their path to recovery.

Pelvic dysfunction can arise from musculoskeletal, visceral, nervous, arterial, venous, lymphatic, and/or periosteal systems that have become impaired. At Therapydia, we use a multisystem approach to ensure your patient receives a thorough assessment that then leads to an individualized treatment plan to help patients reach their goals. Treatment may include both external and internal manual therapy to the pelvic floor region, exercises to strengthen and/or reduce tone in the lumbopelvic musculature, and thorough education to empower patients with the tools and knowledge needed to remain pain free.

Pelvic health Services Provided:

- Urinary Incontinence
- Pelvic Pain
- Pelvic Organ Prolapse
- Coccydynia
- Interstitial Cystitis
- Sacroiliac Dysfunction
- Bowel Dysfunction
- Post Prostatectomy Pain
- Prenatal to Postpartum
- Diastasis Recti
- Low Back or Hip Pain
- Gastrointestinal Issues
- Pudendal Neuralgia
- Erectile Dysfunction

About Therapydia

Therapydia is a national brand of Physical Therapy clinics emphasizing longer one-on-one treatments. Our physical therapists are experts in their fields and are devoted to the highest levels of patient satisfaction and long-term outcomes. We’re creating the PT clinics of the future – designed to inspire and rejuvenate patients, and help them reach their goals.

PATIENT SATISFACTION



4.9 OUT OF 5

Therapydia is committed to the highest levels of customer satisfaction with an average of 4.9 stars (out of 5) and more than 20,000 reviews.

**ACCEPTING
NEW PATIENTS**
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today!

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