



PELVIC FLOOR PHYSICAL THERAPY

- Are you constantly wondering where the nearest bathroom is?
- Is abdominal pain preventing you from enjoying life?
- Are pelvic and urinary symptoms dominating your life?

Pelvic floor dysfunction can be embarrassing and painful. This can make it difficult to enjoy everyday life. Our treatment plans are designed to meet each patient's needs including:

- Individualized stretching and strengthening exercises
- Nutrition/diet and how they are affecting your symptoms
- Learn, understand and **TAKE CONTROL!**



URINARY
INCONTINENCE

PELVIC PAIN

CHRONIC
CONSTIPATION

PROLAPSE

SEXUAL
DYSFUNCTION

CALL TODAY

(978) 750-8188

Harmeling Physical Therapy

5A Hutchinson Drive

Danvers, MA 01923

www.harmelingpt.com

Rebecca Hardy, PT, DPT