



# 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

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PELVIC PAIN

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CHRONIC  
CONSTIPATION

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PROLAPSE

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SEXUAL  
DYSFUNCTION

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**CALL TODAY**

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