



Welcome to Atlas Therapy's *Pelvic Health Rehab!*

Physical therapists are trained in evidence based assessment and treatment of musculoskeletal conditions and the body as a whole. A pelvic floor physical therapist has received additional training in the specialized treatment of pelvic floor dysfunction.

Some of the conditions we treat:

- Urinary urgency/frequency
- Incontinence
- Pregnancy aches and pains
- Postpartum recovery
- Recurrent UTI's
- Painful insertion
- Sacroiliac joint pain
- Low back pain
- Diastasis Recti
- Abdominal pain
- Pelvic pain
- Groin pain
- C-section scars
- Pelvic organ prolapse
- And more!

During your evaluation, we will take time to talk through your current symptoms and past medical history. We will do an objective assessment of your posture, flexibility, strength and movement patterns. Based on the evaluation and your personal goals for therapy, we will design a treatment plan to get you back to optimal function as soon as possible.

The key to success with pelvic floor rehabilitation requires good communication with your therapist. Your therapist can help you determine a treatment plan, home exercise program and lifestyle adjustments that will work best for you.

For pelvic floor therapy, patients typically come in 1 to 2 times per week for 8-16 weeks, depending on the diagnosis and severity of symptoms. The hour-long visits are one-on-one with the therapist in a private treatment room.

We are required by Pennsylvania law to re-evaluate patients every 30 days. This is a great time to assess the progress you have made and determine if any adjustments need to be made to your original treatment plan. Your referring physician will receive the initial evaluation and re-evaluation reports to sign for continued care. This keeps your doctor informed on your progress and ensures optimal, multidisciplinary care.

We are happy to be your healthcare provider and will work with you to restore your health and well-being.