

Pelvic Floor Therapy

Restore Your Confidence.

Find the relief you are looking for from urgency, incontinence, and pelvic pain through a non-surgical treatment known as pelvic floor therapy. The goal of this therapy is to help retrain the muscles of the pelvic floor to restore both strength and function. Sometimes patients will become frustrated when they don't notice the results they want through pelvic floor exercises such as "Kegels." Unfortunately, the issue is that most patients aren't performing them correctly or have the right exercise prescription so they don't get the results they want.

Using computer technology and a small medical device, we will record and monitor your pelvic muscles to determine their strength and to see how much you progress through each session. We will be able to automatically see which muscles are contracting during therapy. Pelvic floor therapy trains and strengthens muscles just like performing exercises at the gym helps to strengthen other muscles in your body. Furthermore, this therapy will equip patients with exercises that can be performed on their own to maintain good pelvic floor health. "It Works if You Work"!

Reclaim Your Life.

Some patients will also benefit from mild electrical stimulation during therapy to help increase the efficacy of these exercises. This stimulation will cause the muscles to contract voluntarily, which can help patients understand what these exercises should feel like when performed correctly. Patients may experience a slight tingling sensation during stimulation, but this treatment option is not painful.

During each visit, we will also check your progress and discuss your overall treatment plan for each session. On average, pelvic floor therapy is performed every other week for an average of 3 to 4 visits. Each therapeutic session lasts about forty-five minutes. 80% of patients notice significant results.

Why Choose PFT: https://youtu.be/NpPR4ND_KMA

