

PELVIC FLOOR PHYSICAL THERAPY



MEET THE PROVIDER

Kenda Frenzel, PT, DPT, CSCS



Pelvic Floor PT Could Help Reduce Symptoms like:

- ***Pelvic Pain***
- ***Urinary Incontinence***
- ***Overactive Bladder***
- ***Pelvic Organ Prolapse***
- ***Low Back Pain***
- ***Interstitial Cystitis***
- ***Constipation/Fecal Incontinence***
- ***Prenatal/Postpartum care***
- ***SI Dysfunction***
- ***Dyspareunia (painful intercourse)***
- ***Post-prostatectomy pain/incontinence***
- ***Scrotal/penile pain***

To request an appointment with Kenda for Pelvic Floor PT call 712-542-8224

Pelvic Floor Physical Therapy is a type of therapy that addresses dysfunction in the pelvic floor. Like any other part of the body, the pelvic floor has muscles, tendons, ligaments, and fasciae that respond well to therapy techniques. Pelvic floor therapists use exercise, manual therapy techniques, bladder retraining, and diet modification to help their patients reduce pain and improve their quality of life.