



# PELVIC FLOOR PHYSICAL THERAPY

*Pelvic Floor Physical Therapy helps people who are having problems with the muscles in their pelvic area. Just like other muscles in the body, these can become weak, tight, or painful. A pelvic floor therapist can use exercises, hands-on treatments, bladder training, and diet tips to help reduce pain, improve bladder or bowel control, and make everyday activities more comfortable.*

## ***Pelvic Floor PT Could Help Reduce Symptoms like:***

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



## MEET OUR TEAM



**KENDA STOGILL**  
PT, DPT, CSCS



**HAILY GREENOUGH**  
PT, DPT



**JORDAN JENNINGS**  
PTA

To learn more or schedule a visit for Pelvic Floor Therapy, please call our Rehab & Sports Medicine Center at:

**☎ 712-542-8224**