Are you a candidate for Pelvic Floor Physical Therapy?

Take The Quiz

Do You Leak Urine:
Y  N  During a cough or sneeze?
Y  N  When you stand up or get out of bed?
Y  N  With exercise or exertion?
Y  N  On the way to the bathroom?
Y  N  During sudden urges to void?
Y  N  After prostate surgery?
Y  N  After bladder surgery?

Do You Notice:
Y  N  Difficulty emptying your bladder?
Y  N  Frequent urination day or night?
Y  N  Trouble with constipation?
Y  N  Difficulty controlling bowel movements?
Y  N  A “falling out” feeling in the pelvis?

Do You Have:
Y  N  Painful urination?
Y  N  Painful bowel movements?
Y  N  Painful Intercourse?
Y  N  Pain with sitting or squatting?
Y  N  Pain in the genitals?

If you answered YES to any of these questions, we may be able to help. Our patients report an 80% - 90% success rate.

Getting Started
1. Talk to your doctor about your symptoms
2. Ask for a Pelvic Floor P.T. referral to Rehab Therapy Works
3. Contact us to schedule an appointment

Have More Questions?
Call Dr. Terry

Visit our Website  www.myrtw.com

Rehab Therapy Works
Established in 1998, Rehab Therapy Works (RTW) is a Medicare-certified rehab agency serving Hernando and Pasco Counties.

RTW operates two state-of-the-art outpatient therapy clinics. Our entire staff is committed to excellence in the delivery of individualized physical therapy services and dedicated to returning individuals to a healthy, active lifestyle.

RTW is independently owned and operated. We accept Medicare, Worker’s Compensation, private pay and most insurance.

Program Locations

Spring Hill
Phone: (352) 597-8996
Fax: (352) 597-2809
6226 Commercial Way
Brooksville, FL 34613

Hudson
Phone: (727) 862-3222
Fax: (727) 862-3555
14153 Yosemite Drive
Hudson, FL 34667

Bladder or Bowel Problems?
Pelvic Pain?

Physical Therapy Can Help!
Conditions We Treat

Our Pelvic Floor Physical Therapist is an expert in modifying traditional therapy techniques that will make you feel comfortable. Your therapy will be in a private treatment room. Most patients need treatments 2 times a week for 6-8 weeks. Pelvic Floor Physical Therapy is covered by Medicare and most insurances.

**Education:** Factors such as diet, fluid intake, stress, or poor bowel and bladder habits can worsen your symptoms. We will teach you lifetime strategies to help you manage these issues effectively.

**Electrical Stimulation:** The gentle electric pulse technology can help strengthen the pelvic floor, re-educate muscles, reduce bladder spasms, and ease pelvic pain.

**Biofeedback Training:** Treatment using surface EMG will teach you how to correctly contract and strengthen the pelvic floor muscles. You will be able to see your muscle activity on a computer screen.

**Manual Therapy:** Myofascial/trigger point release, connective tissue mobilization and internal pelvic muscle massage will help reduce muscle pain, release scar tissue and adhesions, and re-align the pelvis.

**Exercises:** A customized exercise program will address your specific functional limitations by improving strength, endurance, coordination of weakened muscles, and improve flexibility of tight muscles.

The pelvic floor muscles, shown in green, form a sling from the pubic bone to the tailbone. They help support the bladder, uterus, prostate and rectum. They also give us voluntary control over urinary and bowel function.

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**Bladder Conditions**
- Stress Incontinence
- Urge Incontinence
- Mixed Incontinence
- Overactive Bladder
- Urgency/Frequency
- Nighttime Frequency
- Incomplete Bladder Emptying
- Painful Bladder Syndrome
- Interstitial Cystitis
- Painful Urination
- Leakage after Prostate Surgery

**Bowel Disorders**
- Fecal Incontinence
- Constipation
- Puborectalis Dysryrhythmia
- Post-colorectal Surgery
- Painful Bowel Movements

**Pelvic Organ Prolapse**
- Cystocele, Rectocele
- Uterine Prolapse
- Pain following Prolapse Surgery
- Prevention of Future Surgery

**Pelvic and Genital Pain**
- Pelvic Floor Tension Myalgia
- Sacroiliac and Coccyx Pain
- Levator Ani Syndrome
- Chronic Pelvic Pain
- Abdominal Adhesions
- Pain During or After Sex
- Pudendal Neuralgia
- Endometriosis
- Vulvodynia
- Vaginismus
- Prostatitis

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This is a common statement we hear from our patients. If you are unfamiliar with Pelvic Floor Physical Therapy, you are not alone. However, urologists, gynecologists, and family physicians increasingly see P.T. as a reliable and valid treatment option for pelvic floor disorders.

Many bowel, bladder, and pelvic pain conditions are due to poorly functioning muscles. Weakness and relaxation can lead to incontinence and pelvic organ prolapse. Abnormal muscle tension, muscle spasms, adhesions, and tight scar tissue can cause pelvic pain syndromes.

Research points to pelvic floor therapy’s high success rate, all without drugs or surgery. A study in the Journal of the American Medical Association*, found that pelvic floor therapies reduced urinary incontinence better than bladder medications. Patients also significantly preferred P.T. over pills.

* Reference List available upon request

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