

## REFER A PATIENT

Choose one of these three convenient ways:

- Submit an internal referral through Epic.
- Call us with the referral at (866) 402-2753 or (217) 383-4040.
- Fax a prescription to (217) 383-6176.

## INSURANCE

Patients should contact their insurance provider to determine coverage before making an appointment.

## LOCATIONS

Assessments are primarily completed at the locations listed below.

Carle Urbana North Annex  
810 W. Anthony Dr., Urbana, IL  
(217) 383-3400

Carle Therapy Services Mattoon/Charleston  
5731 Park Dr., Charleston, IL  
(217) 238-5666

Carle Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-217-383-2543.

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-217-326-0340.

12205K



# Pelvic Floor Physical Therapy

CARLE THERAPY SERVICES



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# Our team provides in-depth evaluation and treatment of patients with pelvic floor dysfunction.

## SERVICES

Pelvic floor physical therapists have specialized training to treat conditions related to pelvic floor muscle function which includes:

- Urination Difficulties
  - Urinary incontinence (stress and urge).
  - Urinary urgency and frequency.
  - Urinary retention.
- Pelvic Organ Prolapse
- Pelvic Pain
  - Dyspareunia.
  - Vaginismus.
  - Vulvodynia.
  - Endometriosis.
  - Pudendal neuralgia.
  - Interstitial cystitis.
  - Coccyx pain.
- Bowel Difficulties
  - Functional constipation.
  - Fecal/anal incontinence.
- Pediatric Urination and Bowel Difficulties
- Male Patients
  - Urinary retention and incontinence.
  - Bowel difficulties.
  - Penile/scrotal pain.
  - Erectile dysfunction.
- Pregnant and Postpartum Patients
  - Urinary incontinence (stress and urge).
  - Urinary urgency and frequency.

- Urinary retention.
- Pelvic organ prolapse / pelvic pressure.
- Pelvic pain.
- Coccyx pain.
- Functional constipation.
- Fecal/anal incontinence.
- Hip and low back pain associated with pregnancy.
- Pre-operative and post-operative for surgeries related to obstetrics, urological, and gastrointestinal conditions.

## PREPARING YOUR PATIENT FOR THE FIRST VISIT

Evaluations usually take 90 minutes to include a thorough history of pelvic symptoms. The majority of the visit is spent on education specifically focusing on anatomy and behavior modifications to improve symptoms. A vaginal or rectal examination may be warranted to assess the function of the pelvic floor muscles. This will be discussed with each patient before completion and will never be conducted on a pediatric patient or someone who has never had a pelvic exam completed by a physician.

Treatment frequency varies based on condition and presentation and will be discussed at evaluation

Treatment may include:

- Pelvic floor strengthening for weak pelvic floor muscles.
- Pelvic floor "downtraining" for overactive pelvic floor muscles.
- Modalities including manual techniques and electrical stimulation.
- Behavior modification such as bladder training, diet, toileting postures, etc.
- Home exercise program.