Pelvic Control Therapy

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khnetwork.org/pelviccontrolcenter
Living with Incontinence and/or Pelvic Pain

Loss of bladder or bowel control and pelvic pain are frustrating medical conditions that affect women in all age groups, and is usually progressive over time. Individuals often do not seek medical attention because they are too embarrassed to talk about it, accept it as part of the aging process or are unaware of the treatment options available. Pelvic control therapy uses proven techniques and technology to help you regain bladder and bowel control and reduce pelvic pain. The majority of women can overcome these conditions, safely and effectively.

At Southview Pelvic Control Center we regularly treat the following conditions:

Urinary Incontinence: Bladder incontinence can be caused by a variety of factors such as weak pelvic muscles, pregnancy, neurological disorders, and pelvic injury. You could be experiencing one type of urinary incontinence or a combination.

- **Stress Incontinence** - involuntary loss of urine during activities that put pressure on the bladder such as coughing, sneezing, laughing, lifting, and exercising.
- **Urge Incontinence** - the inability to control the frequent, sudden urge to urinate resulting in leakage.
- **Mixed Incontinence** - symptoms of both stress and urge incontinence.

Bowel Incontinence: The loss of bowel control, leading to an involuntary passage of stool. This can range from occasionally leaking a small amount of stool and passing gas, to completely losing control of bowel movements.

Constipation/Diarrhea: The normal frequency of having a bowel movement is from 2-3 times a day to 3 times a week. Dysfunctions may arise if you experience poor stool consistency, an increased or decreased frequency of bowel movements, or pain.

Pelvic Organ Prolapse: A condition when organs, such as the uterus, bladder, rectum and/or vaginal wall begin to descend down into the vagina or rectum due to muscle and ligament weakness or damage. This may lead to pelvic pain or incontinence.

Pelvic Pain: Any pain located in the lower abdomen, groin, vagina or rectal area and is often accompanied by lower back pain. It can be caused or made worse by musculoskeletal conditions such as pelvic joint dysfunction or muscle spasms. Pelvic pain may limit such activities as sitting, intercourse, urination and bowel movements.

Pre-natal/Post Partum Care: Pregnancy creates a special need for exercise as women undergo numerous changes during and after pregnancy. Many disorders occurring during this period can be treated with physical therapy. Some of the most common ailments include: low back pain, diastasis recti/abdominal weakening, pain from a C-section, episiotomy or perineal tear, incontinence, pelvic organ prolapse, pelvic pain, and orthopedic injuries that arise from caring for a newborn.

How Physical Therapy Can Help

We provide a private and confidential consultation and treatment with a licensed physical therapist specializing in pelvic floor disorders. Individualized treatments may consist of biofeedback, pelvic floor muscle rehabilitation, bladder retraining, diet modification, and lifestyle changes. In addition, electrical stimulation or other modalities may be used to address pain, as well as, specific exercises and manual treatments designed to realign joints and strengthen or relax muscles.

The First Step Toward Resuming an Active and Confident Life Is Easy.

A doctor’s referral is required for physical therapy. There is no reason to live one more day with limitations. Start enjoying life again! Begin now by making that phone call.