



F E E L B E T T E R !

3 LOCATIONS:

+ Hockessin

Stone Mill Plaza
720 Yorklyn Road, Suite 150
Hockessin, DE 19702
TEL 302 234 2288

+ N. Wilmington

4331 Concord Pike
Wilmington, DE 19803
TEL 302 764 2288

+ Christiana

Integrative Care
of Delaware Building
620 Churchmans Road
Suite 100
Newark, DE 19702
TEL 302 544 9599

*++ Pelvic Floor PT is
only offered at our
Christiana location*

Contact us at info@pptandfitness.com or visit www.pptandfitness.com



Pelvic Floor Physical Therapy

Pelvic floor dysfunction can be a very private and intimate topic. The pelvic floor muscles are responsible for providing support to pelvic organs and control of bladder, bowel, and sexual functions.

Pelvic Floor Physical Therapy is a specialization within the scope of physical therapy practice that assesses pelvic floor dysfunction.

How can Pelvic Floor PT help you?

The following symptoms are very common, however they are not normal. If any of these conditions affect your daily activities or quality of life, there is something you can do about it! You may benefit from pelvic floor physical therapy. Make your appointment today!

What are common symptoms or conditions?

- + Leakage or loss of urine related to activity
- + Increased frequency or urgency to urinate
- + Pelvic organ prolapse
- + Abdominal or pelvic pain
- + Pregnancy and post-partum related issues
- + Sexual dysfunction

Possible treatments for pelvic floor dysfunction:

- + Pelvic floor muscle exercises
- + Manual therapy techniques
- + Core stabilization and strengthening
- + Postural and functional training
- + Biofeedback (internal and external)
- + Electrical stimulation
- + Relaxation techniques and stretching
- + Bladder/bowel diary and retraining
- + Patient education and behavioral modifications

What is biofeedback?



Biofeedback is an effective technique that uses surface electromyography (sEMG) to retrain the pelvic floor muscles. This is utilized to help learn how to strengthen or relax pelvic floor muscles in order to improve bladder/bowel function and decrease pelvic related symptoms.

What to expect on your first visit:

A physical therapist with specialized training will perform a comprehensive evaluation in a private room. This may include both an external and internal exam to assess how your body and muscles are functioning. Together you will develop a plan of care to address your impairments and condition.

Melanie Fajardo, PT, DPT

Physical therapist with pelvic floor specialization training through the Herman & Wallace Pelvic Rehabilitation Institute.

