

## Our Services

Pelvic floor therapy is a specialty in physical therapy that focuses on muscles and function of the pelvic floor, but can include the muscles and fascia of the hips, back, and thorax or rib cage.



## Schedule an Appointment Today

 614-324-7330

 2100 Marble Cliff Office Park  
Columbus, OH 43215

 [www.orthoneuro.com/pelvic-floor](http://www.orthoneuro.com/pelvic-floor)



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*Pelvic Health, Expert Care  
For Every Stage of Life*



# PELVIC FLOOR THERAPY

*Confident. Comfortable. In Control.*



### Target Population

Female Only



### Age Range

Across the lifespan, puberty  
to post-menopause



### Focus

Genito-urinary involvement

# Pelvic Floor Therapy at OrthoAlliance

## *Personalized Care from Licensed Experts*

Your journey begins with a one-on-one, 45-minute evaluation conducted by a licensed physical therapist trained in pelvic floor rehabilitation.

## What to Expect

- A thorough review of your medical history
- A comprehensive physical exam
- Hands-on assessment, including:
  - External abdominal and pelvic evaluation
  - Internal vaginal assessment (as appropriate)

## Planning Your Collaborative Treatment

Following your evaluation, you and your therapist will work together to create a customized, multi-modal plan of care tailored to your specific needs and goals.



## Clinical Interventions

Clinical interventions during appointments will be based on patient's needs and goals, and can include patient education, neuro re-education, therapeutic exercise, manual therapy, therapeutic activities, instruction in self-care, and recommendations for relevant modalities. Interventions instructed will include patient management of trunk and pelvic pressure, relaxation training, breathing, and manual therapies for a variety of pelvic dysfunctions.

## Does insurance cover pelvic floor therapy?

Pelvic floor therapy is covered by most insurance plans, like other outpatient physical therapy services. OrthoNeuro will handle claim submissions directly to your insurance provider.

For patients without insurance or those preferring to self-pay, the cost is **\$125 per visit**.

## Conditions Treated

- Urinary Incontinence
- Chronic Pelvic Pain (CPP)
- Pelvic Girdle Pain
- Pelvic Organ Prolapse

## Diagnoses that Benefit from Therapy

- Interstitial cystitis/painful bladder syndrome (IC/PBS)
- Pelvic neuralgias
- Vulvar pain
- Dyspareunia (painful sexual intercourse)

## Other Areas of Focus

- Dysmenorrhea (painful periods)
- Pregnancy and post-partum
- Diastasis recti abdominus
- Perimenopause and menopause
- Post-hysterectomy