

# Pelvic Health Physical Therapy



## When to Seek Help

Women and men of any age experiencing symptoms such as involuntary urine or stool leakage - called incontinence, pain during intercourse or general pelvic pain should consider reaching out to their physician to discuss a possible referral to pelvic floor physical therapy. Regardless of the time frame, if these concerns have been present for a short time or a number of years, there are treatment options.

## How Are Issues Diagnosed?

The pelvic floor physical therapy evaluation includes a detailed discussion of symptoms and the individual's health history. The physical assessment may include a musculoskeletal exam of the lower back and hips as well as the pelvis. The distinction between an exam that a medical doctor might do of the pelvic region and that of the physical therapist is that the PT is primarily assessing the muscle function of those muscles in the pelvis termed, "the pelvic floor."



**STOUGHTON**  
HEALTH

*Creating Excellence Together*

## Individualized Treatment

Depending on a person's diagnosis, treatments may range from strengthening of pelvic floor muscles, stretching and relaxation exercises, bladder retraining techniques, behavioral strategies, or modalities such as EMG biofeedback. Treatment is always tailored to a specific individual's needs.

## Privacy

The initial assessment and subsequent treatment sessions are highly private and a person's comfort is prioritized, acknowledging that treatment of the pelvic region may be triggering for some with difficult personal histories such as sexual or birth trauma. To aid in an individual's comfort, a third person in the treatment room is an available option.

## Locations

Rehabilitation & Sports Medicine Clinics

Oregon (608) 835-5373

Stoughton (608) 873-2292

## Direct Access

An order from a doctor is no longer required for our occupational and physical therapists to provide treatment. Clients can self-refer and directly contact either of our two outpatient rehab clinics for an appointment.

Our staff will call each individual insurance plan to determine coverage. At this time, Medicare and Medicaid still require a referral.

## Insurance

Stoughton Health accepts over 160 area insurance plans, including but not limited to those listed below. Please check your individual plan regarding coverage of services at Stoughton Health.

Alliance, Anthem Blue Cross Blue Shield, Cigna, Dean Health Plan, Humana, Medicare, Quartz, Security Health Plan, United Healthcare, and WPS

For more information call (608) 873-6611.



[stoughtonhealth.com](https://stoughtonhealth.com)