



Part of the Phoenix family!

Pelvic Health Therapy

Specialized Treatment and Education for Pelvic Health Issues.



Our commitment to pelvic health therapy starts with a select group of Phoenix Physical Therapists who have received specialized training in the treatment and education of pelvic health issues. Patients with pelvic pain or dysfunction will receive the best one-on-one care in a private setting to help them get back to their highest quality of life. Phoenix Physical Therapists are the experts your patients can trust.

We start with a physical therapy pelvic health evaluation, which includes discussing the history of the symptoms, experiences with pain, prior treatment, and functional limitations. An internal pelvic floor assessment may also be completed, based on comfort level and consent. After this information is collected our therapists then develop a treatment plan and goals.

▲ Private - One-on-One

▲ Safe Secure Setting

▲ Comprehensive Evaluation

▲ Individualized Multi-modal Care

Grand Blanc
(810) 695-8700

Goodrich
(810) 636-8700

Waterford
(248) 618-3050

Clarkson
(248) 620-4260

Hartland
(810) 632-8700

Flint
(810) 732-8400

Davison
(810) 412-5100

Clio
(810) 687-8700

Fenton
(810) 354-7522

Our Pelvic Health Therapy specializes in the following treatment options:

Urinary Incontinence - Treatments for both stress and urge incontinence include strengthening exercises for weakened pelvic floor muscles, education on fluid, diet, lifestyle modifications, and biofeedback training.

Chronic Pelvic Pain - Treatments include muscle re-education/strengthening/relaxation exercises, functional activity of daily living alternatives, postural education, soft tissue massage, spinal/pelvic alignment corrections, and biofeedback training.

Sacral Dysfunction - Treatments include manual techniques/mobilizations/muscle energy techniques, flexibility for the lower back/lower extremity muscles, strengthening of core/hip stabilizers and pelvic floor, and patient education.

Pregnancy and Postpartum - The Therapists at Phoenix Physical Therapy are experts at evaluating and treating pregnancy-related conditions such as diastasis recti, prolapse, carpal tunnel syndrome, sacroiliac joint dysfunction, low-back pain and "sciatica," pubic symphysis dysfunction, and coccyx (tailbone) injury.

Post Surgical - Following bladder, hysterectomy, prostate, rectal surgeries the Physical Therapists at Phoenix are experts at providing care needed to address post-surgical symptoms, including pain and incontinence, as well as the other dysfunction present.

Defacatory Dysfunction - Treatments for both fecal incontinence and or constipation or dyssnergia include patient education on toileting ergonomics, dietary/ fluid modifications, biofeedback training, strengthening for weakness, and manual therapy.

