



## PELVIC FLOOR/WOMEN'S HEALTH PHYSICAL THERAPY

### What is women's health physical therapy?

Women's health physical therapy is a specialized form of therapy that encompasses exercise, manual therapy, and education to treat problems unique to the pelvic floor for people across the lifespan. These include, but are not limited to the following:

- Incontinence (stress, urge, or mixed)
- Bowel or bladder dysfunction
- Sexual dysfunction
- Pelvic pain
- Prenatal and postpartum PT
- Pelvic organ prolapse



**Columbia Gorge**  
Physical Therapy & Sports Medicine

### IF YOU CAN ANSWER **YES** TO ANY OF THE FOLLOWING, YOU MAY BENEFIT FROM WOMEN'S HEALTH PHYSICAL THERAPY

- DO YOU NOTICE AN INVOLUNTARY LOSS OF URINE WITH COUGHING, SNEEZING, LAUGHING, OR LIFTING HEAVY OBJECTS?
- DO YOU EXPERIENCE PELVIC PAIN WITH INTERCOURSE?
- DO YOU EXPERIENCE LOW BACK OR HIP PAIN THAT BEGAN DURING OR FOLLOWING A PREGNANCY?
- DO YOU NOTICE AN INVOLUNTARY LOSS OF URINE WHEN OPENING THE FRONT DOOR AS YOU GET HOME?
- HAVE YOU NOTICED AN INCREASE IN LOW BACK, LOW ABDOMINAL OR HIP PAIN FOLLOWING A HYSTERECTOMY?
- DO YOU NOTICE AN INVOLUNTARY LOSS OF URINE FOLLOWING A HYSTERECTOMY OR EPISIOTOMY?

**HAVE MORE QUESTIONS?  
PLEASE FEEL FREE TO CALL!  
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