

Rehabilitation Services Department

Physical Therapy

Pelvic Floor Rehabilitation

Our specially trained therapists work closely with your physician, designing a program tailored specifically to your needs in effort to help you to regain control of your urinary and/or bowel function. Therapy is provided in a private, confidential, and comfortable setting.

LOCATION:

Center for Outpatient
Rehabilitation – Hopewell
Two Capital Way, Suite 418
Pennington, NJ 08534

To make an appointment,
call: 609.303.4700

DO YOU NOTICE ANY OF THE FOLLOWING SYMPTOMS?

- ... Stress urinary incontinence
- ... Urge urinary incontinence
- ... Bowel incontinence
- ... Constipation

THERAPY MAY HELP YOU TO:

- ... Participate in activities without incontinence
- ... Relieve difficulty in evacuation
- ... Manage symptoms on your own
- ... Improve muscle performance and control

THERAPY OFTEN INCLUDES:

- ... Pelvic floor exercises
- ... Core stability exercises
- ... Range of motion associated with ligament and other connective tissue dysfunction
- ... Bio feedback
- ... Education
- ... Bladder retraining
- ... Bowel retraining
- ... Behavioral techniques
- ... Diet modifications

Therapy sessions are generally 1–3 times per week for 4–6 weeks. Home exercises and activities are usually given as homework. Schedule time for an evaluation so your therapist can listen to your concerns and evaluate your performance.



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