



St. Clair Health Pelvic Floor Therapy



LOCATION

Our pelvic floor therapy program is offered at:

Village Square Outpatient Center

2000 Oxford Drive
Bethel Park, PA 15102
(Women Only)

Dunlap Family Outpatient Center

1000 Bower Hill Road
Pittsburgh, PA 15243
(Women and Men)

REGISTRATION FOR YOUR INITIAL VISIT

Please call 412.942.7122 for Village Square Outpatient Center or 412.942.4060 for Dunlap Family Outpatient Center to schedule your initial appointment.

Please have the following information ready when you call.

- Prescription from doctor
- Name of physician referring you
- Insurance card for ID number
- Personal contact information



Pelvic Floor Therapy

Village Square Outpatient Center

2000 Oxford Drive
Bethel Park, PA 15102

412.942.7122

Dunlap Family Outpatient Center

1000 Bower Hill Road
Pittsburgh, PA 15243

412.942.4060

stclair.org



Expert Care from people who care.



St. Clair Health's Outpatient Therapy Department offers a program designed to assist men and women in improving the overall function of the bladder/bowel and pelvic floor. Our goals are to improve function and decrease discomfort for men and women experiencing fecal/urinary incontinence, decreased bladder control, weak pelvic floor muscles, and pelvic pain.

A specially-trained therapist will spend private one-on-one time with each individual to assist in achieving their goals.

PROGRAM OBJECTIVES

- Complete a Bladder/Bowel Questionnaire to help guide the evaluation.
- Provide private one-on-one evaluation with a skilled therapist.
- Build a plan of care specific to the needs of each patient.
- Educate on functional anatomy of the pelvis in an easy-to-understand manner.
- Instruct in a therapeutic exercise program designed to progress toward independence at home.
- Biofeedback training may be used to help patients learn to strengthen or relax pelvic floor muscles to improve a patient's symptoms.

WHO WILL BENEFIT FROM PELVIC FLOOR THERAPY

Our specially-trained therapists can assist in your rehabilitation from:

- **Stress Incontinence**
This may be leakage with coughing and sneezing.
- **Urge Incontinence**
Complaints of involuntary loss of urine accompanied by a strong desire to void. Frequent trips to the bathroom are common.
- **Mixed**
Combination of Stress and Urge Incontinence.
- **Fecal Incontinence**
Involuntary Stool Leakage
- **Pelvic Pain**
This may include many different types of pain in the pelvic region that prevent you from living a normal life.
- **Bowel Dysfunction**

TO MAKE AN APPOINTMENT

- Call 412.942.7122 Bethel Park (Women's Therapy Only-No Bowel)
Call 412.942.4060 Dunlap (Women and Men Bladder/Bowel)
- Most insurances accepted.
- Please obtain a prescription from your doctor.