

Pelvic Floor Physical Therapy

ABDOMINAL AND/OR PELVIC PAIN CONDITIONS

Chronic pelvic pain is any pelvic pain that lasts for more than six months. It may come and go or be constant. Many times, the problem that originally caused the pain has lessened or even gone away completely, but the pain continues. This makes it more difficult for a healthcare provider to find the cause of the pain and provide treatment.

- In women, pain may be in the lower belly, the vulva/vagina, the perineum, the anus, and/or the tailbone.
- In men, pain may be in the lower belly, perineum, penis, testes, anus, and/or tailbone.
- In both women and men, low back pain often occurs. Bladder, bowel, sexual pains, and changes in function of these organs are common.

DIAGNOSES INCLUDE:

- Pelvic girdle pain/postpartum pelvic pain
- Interstitial cystitis/painful bladder syndrome
- Pelvic organ prolapse
- Chronic prostatitis
- Chronic pelvic pain
- Vulvodynia
- Vestibulodynia
- Dyspareunia
- Vaginismus
- Endometriosis

WHAT TO EXPECT:

Before your first visit, please complete forms that list your history, current symptoms and concerns. This information will help the physical therapist with your evaluation. At your initial physical therapy visit, you and your therapist will discuss any concerns.

EVALUATIONS MAY INCLUDE:

- Posture, coordination, muscle strength and flexibility
- Breathing patterns
- Pelvic floor / abdominal wall myofascial assessment
- Nutrition and fluid intake
- Bladder, bowel and sexual concerns (if appropriate)

Education is a big part of physical therapy and can include reviewing the structure of pelvic floor muscles, handouts, and instruction/training for a home exercise program.

The therapist will explain all evaluation and treatment options to help you make informed decisions, and your healthcare team will work with you and your referring healthcare provider to determine your plan of care.

SCHEDULING AN APPOINTMENT:

Talk with your healthcare provider about your concerns and request a referral for pelvic floor physical therapy. You can return the referral in person, by fax or email to the Keck Center. Most insurance plans are accepted. Before your first visit, be sure to contact your insurance provider to discuss any out-of-pocket expenses.

CONTACT INFORMATION:

CRH Keck Center for Outpatient Services

ADDRESS: 2415 De La Vina St., Santa Barbara, CA 93105

EMAIL: pfptinfo@sbch.org

FAX: 805-687-5627