



33 Miller Avenue • Mill Valley, California 94941 • Phone: 415-380-9242 • Fax: 415-388-7458
351 San Andreas Drive • Novato, California 94945 • Phone: 415-878-4986 • Fax: 415-897-4771

Physical Therapy Services for Pelvic Floor Disorders in Women

What is Pelvic floor physical therapy?

As physical therapists our expertise lies in the evaluation of musculoskeletal disorders. The pelvic floor muscles located in the bottom portion of your pelvis can be injured, weak, tight, and cause you pain or dysfunction like any other muscles in your body. Through a detailed history of your condition and examination of the function of your pelvic floor muscles, the physical therapist can help you to restore optimal function of those muscles. An internal vaginal or rectal evaluation may be performed with your permission to evaluate the function of the pelvic floor muscles.

What is unique about pelvic floor muscles?

Pelvic floor muscles have a big job to do in maintaining health and function of your spine and pelvic organs. The pelvic floor muscles help to maintain urinary and fecal continence, improve sexual stimulation, and provide a protection to your spine and pelvic organs against excessive loading and injury. Because these muscles are connected through nerves to your bladder, colon, and uterus they can influence these organs. Sometimes when pelvic floor muscles are not working properly symptoms of pain and dysfunction can arise in these organs and often the pelvic floor muscles are overlooked.

What conditions can be helped with pelvic floor physical therapy?

Urinary urgency and frequency, urinary and fecal incontinence, organ prolapse, bladder pain conditions, painful menses, chronic pelvic pain, constipation, painful bowel disorders, post childbirth pain/weakness, pain with intercourse, vulvar pain disorders, tailbone pain, hip and sacroiliac joint pain, and recovery post gynecological/urological surgeries.

What types of treatment will I receive?

Pelvic floor physical therapy treatment can include: pelvic floor muscle retraining with biofeedback, bladder and bowel training, manual therapy to pelvic floor/hip/low back/abdominal muscles, scar tissue release, core strengthening program, posture and body mechanics, and relaxation/pain management techniques. 6-12 visits is average.

The Physical Medicine Center of Marin, with offices in Mill Valley and Novato, was founded by Lisa Iacovelli, P.T. and Michael Iacovelli, PT, DC. Lisa Iacovelli, P.T was one of the first providers of comprehensive pelvic floor physical therapy services in Marin. Our therapists each have over twenty years of experience in their individual specialties which include: manual therapy, orthopedic/sports rehab, pelvic floor dysfunction, prenatal and postnatal care, chiropractic care, biofeedback, and pilates based rehabilitation. We work closely with referring physicians and allied health professionals to provide the highest level of comprehensive care to our clients. We look forward to working with you. Visit us at WWW.MarinPmc.

