

Pelvic Health

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Pelvic Therapy in Manhattan Midtown East

Sutton Place Physical and Aquatic Therapy specializes in Pelvic Floor Physical Therapy for Men, Women, Kids, and Teens.

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Women's Pelvic Health Physical Therapy is an area of physical therapy that specializes in women's unique needs throughout their lives. From the young female athlete, before, during, and after pregnancy, to menopause, women of all ages can benefit from physical therapy intervention. **Pelvic floor therapy** targets the **pelvic floor** and abdominal muscles, ligaments, and connective tissues, all of which work together to support the **pelvic** organs, contribute to sexual arousal and orgasm, and assist in bladder and bowel control physical. Muscles surrounding the hips and spine are also addressed.

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Men's Pelvic Health is an area of physical therapy that specializes in the rehabilitation of the pelvic floor throughout a man's lifetime. When the muscles of the pelvic floor weaken or hold excess tension, they produce a variety of symptoms that range from urinary/fecal incontinence to pelvic pain. With the percentage of male pelvic floor pain and urinary incontinence rising in recent years, the role of men's health physical therapy has never been more valuable.

Pediatric Pelvic Health Although millions of children suffer from pediatric pelvic floor dysfunction, it often takes a long time to receive the right treatment. Typically, children are toilet trained by age 4. After age 4, bowel and bladder dysfunction is considered a major medical issue that affects the family unit. Our highly trained physical therapists have extensive experience working with kids and teens in land, pelvic floor, and aquatics PT. During each session, your child or teen will work exclusively with one of our physical therapists to help build strength, improve movement, and strengthen the skills and confidence needed to complete daily activities.

Pelvic problems in children greatly influence the quality of life, self-image, social interactions, participation in sports, etc. A pelvic physical therapist can help restore normality in bladder and bowel function and prevent the progression of problems that, if untreated, may be carried over into adult life.

Physical therapy intervention may include a combination of therapeutic exercises to strengthen the pelvic floor, breathing muscles and the abdominal muscles. Muscles surrounding the hips and spine are also addressed. Our therapists are also trained to use a variety of treatment options including biofeedback, ultrasound, and Idibia.

To schedule a complimentary conversation to help identify your pelvic issue, please call our offices at 212.317.1600