

What Is Pelvic Health Physical Therapy?

Pelvic health PT is a specialty area offering conservative solutions for women of all ages suffering from pelvic floor disorders. We help young girls, female athletes, prenatal and postpartum women and women going through menopause and their senior years.



We understand the topic of pelvic health may be a bit difficult to discuss, but our devoted and caring therapists at Sutton Place are here to help.

Treatments May Consist Of:

- Pelvic floor muscle rehabilitation
- Proper breathing techniques
- Manual therapy: internally and externally
- Scar mobilization
- Corrective exercises
- Posture correction
- EMG biofeedback
- Electric stimulation
- Lifestyle and nutrition education

333 East 56th Street
Ground Floor
New York, NY 1022

www.SuttonPlacePT.com
Phone: 212.317.1600

“I was not able to run after having my baby without experiencing incontinence. Physical therapy with my pelvic health specialist at Sutton Place was the only thing that worked. She helped me get stronger, so I could start running again!”

M.H.



Sutton Place
PHYSICAL AND AQUATIC THERAPY

Women's Pelvic Health Physical Therapy



Do You Suffer From:

- Leakage of urine or feces
- Painful sex
- Constipation
- Pelvic pain
- Pelvic organ prolapse
- Urinary frequency
- Back, tailbone, or hip pain
- Abdominal muscle separation

If so, you may benefit from Pelvic Floor PT!

Did You Know?

- Nearly 50% of all women leak urine at one point
- 24% of women have painful sex 18 months after giving birth and 30% of those who go untreated become chronic pain patients
- 50-80% of pregnant women experience low back pain
- 40-60% of women have pelvic organ prolapse

We Provide Solutions For:

Urinary or Fecal Incontinence

1. Leakage during coughing, sneezing, laughing, or exercise
2. Leakage associated with a sudden, uncontrollable urge



Urinary Frequency or Overactive Bladder

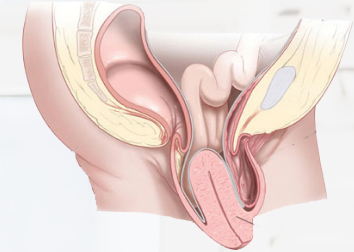
Pelvic Pain Associated With:

- Sexual intercourse
- Urination
- Menstruation
- Prolonged sitting



Pelvic Organ Prolapse

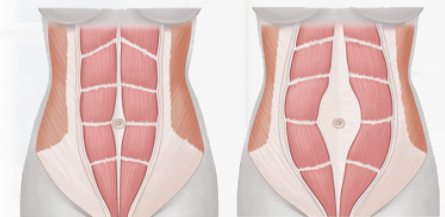
Dropping of one or more of your pelvic organs into or out of your vagina



Symptoms:

1. Pelvic heaviness and pain
2. Difficulty with urination or defecation
3. Falling-out feeling

Diastasis Recti Abdominal Muscle Separation



- 60% of pregnant women develop this
- Cosmetic problem
- May contribute to back pain, constipation, and incontinence