

PHYSICAL THERAPY

PELVIC FLOOR THERAPY



Pelvic health program for
urinary and bowel disorders



HIGHLANDS
ONCOLOGY

Highlands Physical Therapy specializes in all the below conditions:

Bladder and Bowel Incontinence

Male Pelvic Health

Pre-prostatectomy program

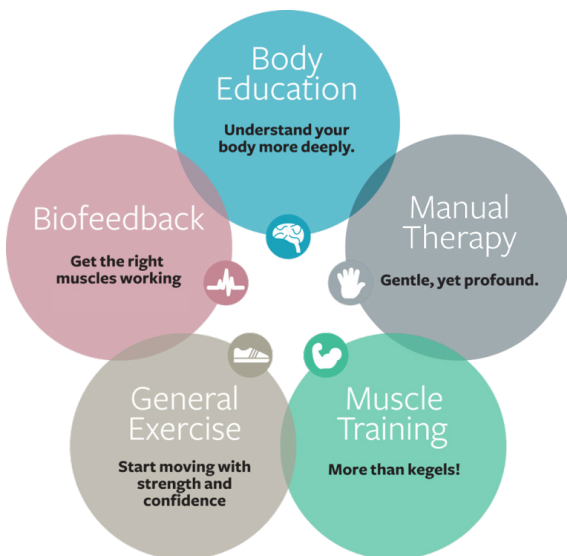
Pelvic Pain

Pelvic Organ Prolapse

Constipation

Cancer related cervical
or anal fibrosis

Pelvic Girdle pain



You can expect a comprehensive evaluation including your hips and spine in addition to the muscles of your pelvic floor. A biofeedback assessment may be included to analyze how your core is working to help support your pelvic floor. An individualized exercise program will be developed and provided as part of a home exercise program.

You will receive education related to your specific problem and how you can help manage it. Gentle manual therapy may be provided to assist in restoring your functional best.



Gina Baumgartner, PT, DPT

Pelvic Floor Physical Therapist

Board Certified Geriatric Clinical Specialist

Certified Lymphedema Therapist - LANA

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