

What is pelvic floor physical therapy (PT)?

Pelvic floor PT is a subspecialty of physical therapy that focuses on pain, weakness, and dysfunction of the pelvic floor muscles. It also includes related problems of the urinary, reproductive and gastrointestinal systems.

University of Michigan pelvic floor therapists treat patients of all ages and genders and are LGBTQIA-friendly Providers.

What conditions are treated by pelvic floor physical therapists?

- Pain in the abdomen (belly), back, tailbone, pelvis or genitals
- Pain or difficulty with urination or bowel movements
- Pain or difficulty with intercourse or orgasm
- Pre and post-pregnancy care
- Prostate cancer and surgery
- Concerns with graft sites, soft tissue, pain or difficulty before or after surgery
- Support and education on binding, packing, or tucking

What can I expect during a Physical Therapy examination?

- Examination of rectum, vagina, penis, neophallus, or neovagina
- Assessment of posture
- Evaluation of general strength, flexibility
- Pain assessment
- Post/Pre-operative goals and protocol review
- Overview of expectations for recovery

Individualized treatment options:

- Pain management and relaxation techniques
- External/internal manual therapy
- Postural re-education

- Exercises for core or pelvic floor muscles
- Biofeedback (learning to control body functions), electrical stimulation or laser therapy
- Techniques for improving urination, bowel movements or sexual function
- Surgical scar and graft site management
- Education and support for binding/tucking and other LGBTQ specific concerns
- Dilator training and assistance

Where is it located?

In order to make an appointment, you will need to obtain an order from your doctor for physical therapy.

Services are available at:

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| <ul style="list-style-type: none"> • Brighton Health Center
8001 Challis Rd.
Brighton, MI 48116
Phone: (734) 936-7175 | <ul style="list-style-type: none"> • Pediatric Rehabilitation Center
2205 Commonwealth Blvd.
Ann Arbor, MI 48105
Phone: 734-763-2554 |
| <ul style="list-style-type: none"> • Burlington Building
Spine Program PT/OT
325 E Eisenhower Parkway
Ann Arbor MI 48108
Phone: (734) 763-6464 | <ul style="list-style-type: none"> • MedRehab-Canton
1051 N. Canton Center Rd.
Canton, MI 48187-5097
Phone: (734) 844-2020 |
| | <ul style="list-style-type: none"> • Northville Health Center
39901 Traditions Dr.
Northville, MI 48168
Phone: (248) 305-4400 |

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Plain language editing: Karelyn Munro, BA

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