

What is pelvic floor Physical Therapy (PT)?

Pelvic Floor PT is a type of physical therapy that treats pain in the area of the pelvis, as well as problems with urination, bowel movements, and physical complications of gender expression.

University of Michigan Pelvic Floor Therapists treat patients of all ages, identities and genders.

What conditions are treated by Pelvic Floor PTs?

- Constipation and inability to hold bowel movements (incontinence)
- Pain with bowel movements
- Inability to hold urine (incontinence), urgency or difficulty urinating
- Pain in the abdomen (belly), back, tailbone, pelvis or genitals
- Pain with periods
- Concerns with graft sites, soft tissue, pain or difficulty before or after surgery
- Support and education on binding, packing, or tucking

Services offered include:

- Stretching/strengthening of involved muscles
- Relaxation techniques and muscle retraining
- Abdominal massage
- Behavior and diet strategies
- Caregiver and patient education
- For young adults and teens, pelvic floor PTs provide support and care for physical complications related to sex or gender identity or expression

Some LGBTQIA individuals practice binding or tucking of breasts or genitals, which can have risks. Pelvic Floor PTs can help manage these including:

- Protection of nerves, skin and use of appropriate garments
- Posture re-training
- Muscle strengthening, stretching or relaxation

For those considering surgery, pelvic floor PTs can provide assistance with both preparation and recovery. However you identify, we can help you with every stage of your journey!

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:

Burlington Building
Spine Program PT/OT
325 E Eisenhower Parkway
Ann Arbor MI 48108
Phone: 734-763-6464

Pediatric Rehabilitation Center
2205 Commonwealth Blvd.
Ann Arbor, MI 48105
Phone: 734-763-2554

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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