



## **Women's Health and Pelvic Floor Physical Therapy**

Women's Health and Pelvic Floor Physical Therapy Services include serving those with pelvic pain, groin pain, muscle and joint pain related to pregnancy or postpartum, bowel and bladder incontinence, prolapse, diastasis recti (abdominal separation), and dyspareunia (painful intercourse). Depending on your symptoms an internal vaginal examination may be recommended, however this is not required to be evaluated.

Services currently offered:

- Bladder or Bowel incontinence
- Interstitial Cystitis
- Dysuria (painful urination)
- Overactive bladder (OAB)
- Prolapse (Including cystocele, urethrocele, rectocele, & uterine)
- Pelvic pain • Low back, SI, groin, or hip pain not resolving with traditional methods
- Dyspareunia (painful intercourse)
- Vulvodynia • Vestibulodynia
- Muscle and Joint pain related to pregnancy or postpartum
- Diastasis Recti (abdominal separation)

If you believe you would benefit from these services, please contact your primary provider for a referral and medical screening. For questions or to schedule an appointment, please contact North Shore Health Physical Therapy department at 218-387-3276.



## Men's Health and Pelvic Floor Physical Therapy

North Shore Health Physical Therapy department is expanding pelvic floor physical therapy services. Kelsey Saladin, PT, DPT has recently been trained in treating colorectal conditions, along with male, non-binary or gender neutral individuals.

### New services offered:

- Colorectal conditions:
  - Fecal incontinence
  - Constipation
  - Symptoms related to painful bowel conditions like Crohn's & Ulcerative colitis
- Male Pelvic Floor:
  - Prostatitis, Penile, Scrotal, and other pelvic Pain
  - Urinary incontinence
  - Rehab following prostatectomy
- Coccyx Pain
- Pudendal Neuralgia
- Rehab following gender-affirming surgery

### Common questions:

- What is a male Pelvic Floor?
  - It is a set of muscles related to the pelvis. Every individual has a pelvic floor.
- What does a Pelvic Floor exam lead to?
  - An exam, evaluation, and creation of a plan of care specific to your needs.
    - This includes physical therapy interventions to address symptoms
- Do all of the exercises need to be practiced in the PT facility?
  - Many of the exercises can be home-based
- Are there other certified Pelvic Floor therapists in the area?
  - No, Kelsey is the only one serving all of Cook County

### Questions?

- Please contact our physical therapy department at 218-387-3276 or by email: [Kelsey.saladin@northshorehealthgm.org](mailto:Kelsey.saladin@northshorehealthgm.org)