

# PELVIC FLOOR THERAPY AND URODYNAMICS

*Now Available at Penn Highlands Life's Journey OB/GYN*



## **Penn Highlands Life's Journey OB/GYN is proud to introduce Pelvic Floor Therapy and Urodynamics.**

This non-surgical treatment involves an evaluation of the pressure inside the bladder to better assess incontinence. Therapy can include flexibility and strength assessments, pelvic area internal and external muscle assessment and treatment, postural exercises and relaxation techniques to retrain the pelvic floor and/or bladder muscles.

### **Program Benefits:**

- Non-Surgical
- Painless
- Caring, female providers

### **Indications:**

- Stress and/or urge incontinence
- Interstitial cystitis
- Chronic constipation
- Rectal pain
- Pelvic pain
- Fecal incontinence

- Pelvic prolapse
- Painful intercourse
- Irritable Bowel Syndrome
- Vaginismus, or painful, spasmodic vagina
- Vulvar vestibulitis

Treatment lasts six to eight weeks, and can be scheduled at your convenience.

### **Referrals made by:**

- OB/GYN
- PCP
- Urologist or Gastroenterologist
- Patient's request

PH Life's Journey will handle all pre-authorization for insurance coverage.

Exclusionary Criteria include pacemaker; pregnancy, neurogenic bladder and physical or mental incapacity.

### **PENN HIGHLANDS LIFE'S JOURNEY OB/GYN**

*A Service of Penn Highlands DuBois*

190 W. Park Avenue, Suite 9

DuBois, PA 15801

**814-371-1900**

### **Hours of Operation:**

Monday - 8:00 AM - 4:30 PM

Tuesday - 8:00 AM - 6:00 PM

Wednesday - 8:00 AM - 4:30 PM

Thursday - 8:00 AM - 5:00 PM

Friday - 8:00 AM - 12 Noon

[www.phhealthcare.org](http://www.phhealthcare.org)

