

Pelvic Health Therapy

Individualized approaches.
Collaborative care.



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Pelvic Health Therapy Tailored for You

Northwestern Medicine Rehabilitation Services offers a full-range of pelvic wellness therapies for both adults and children. You'll find that our combination of advanced, collaborative care provides all the help necessary from one source that is trusted and reliable.

Your rehabilitation needs will be evaluated by licensed physical therapists to develop a treatment plan that reduces or eliminates pain and improves your quality of life. This plan includes our therapists working together with your physician to address your bladder or bowel dysfunction and pain.

Reasons to choose our pelvic health therapy:

Licensed therapists with advanced certifications who treat a variety of pelvic-related conditions

A national ranking in the top 10% for patient satisfaction and overall quality of care¹

Available treatment for adults and children at several convenient locations in the western suburbs

Why Rehabilitation Therapy is important

Each year, chronic pelvic pain and bladder and bowel incontinence affect millions of Americans like you.

Among the most common causes of these health issues are:

Childbirth	Interstitial cystitis
Chronic prostatitis	Irritable bowel syndrome
Cysts	Lower back problems
Endometriosis	Pelvic surgery
Fertility treatment	Prostate surgery
Pain with intimacy	Trauma
Pelvic organ prolapse	

However, there's no need to live with the pain or embarrassment these issues can cause. You can find the help, guidance and compassionate care you need at a location that's close to home.

At Northwestern Medicine Rehabilitation Services, we understand pelvic health issues and can help to reduce or even eliminate discomfort or incontinence. Treatment will include licensed therapists creating customized physical therapy plans that provide effective self-management tools and follow-up exercises that can be done in the privacy of your home.

¹Professional Research Consultants (PRC) national database for healthcare organizations. Data from 2014.



Our services will help you decrease your pain, incontinence and emotional stress, and increase your quality of life.

Improving women's pelvic health

At various stages of life, women can experience pelvic pain and bowel or bladder control problems. Our licensed therapists can help manage such restrictions and relieve pain and incontinence.

Services include:

Physical therapy evaluation, education and treatment designed to decrease pain and discomfort, and to prevent a decline in your physical status

Education and instruction about what exercises help bladder and bowel control problems

Evaluation and treatment to decrease deconditioning and pain after childbirth or surgery

Improving men's pelvic health

For men, our licensed therapists are experienced at offering treatments and solutions for pelvic conditions that follow prostate surgery, or for incontinence issues related to neurologic diagnoses or pelvic pain.

Services include:

Education and instruction about what exercises help bladder and bowel control problems

Specific treatment for bladder problems after surgery

Treatment for pelvic pain

Improving children's pelvic health

Children have special needs, which is why the treatments provided by our therapists are individual and personalized. With input from your child's physician as well as yourself, our team will discuss with you the various treatment options available. Our licensed therapists specialize in pediatric pelvic health.

Services include:

Education and instruction about what exercises and strategies help bladder and bowel control problems

Working with your child's physician to address specific diagnoses and needs

A home program specially designed for your child so you understand what will work best to help your son or daughter manage pelvic problems.



Reducing discomfort and addressing bladder and bowel health can improve your quality of life

For both adults and children, there are many options today for controlling, reducing or eliminating the causes of incontinence and pelvic pain. These include a variety of individualized evaluations and treatments designed to improve everyday bodily functions.

Northwestern Medicine Rehabilitation Services offers various options to patients of all ages backed by our comprehensive and respectful approach to pelvic health education and treatment. With our convenient locations throughout DuPage and Kane counties, broad experience and specialized therapists, you can be confident that our rehabilitation services are the best choice for you or your family's personal pelvic health therapy.

To find one of our convenient outpatient locations in the western suburbs, visit nm.org or call 630.933.1500. TTY for the hearing impaired 630.933.4833.