



Pelvic Floor Therapy for Adults

Pelvic floor therapy helps muscles in and around the pelvis work better and may reduce pain.

The pelvic floor is a set of muscles that goes from the pubic bone on the front of the pelvis to the tailbone on the back of the pelvis.

If you have symptoms related to bowel, bladder or sexual function, pelvic floor therapy may improve the quality of your life. It can also help reduce pain in the abdomen, pelvis, low back, hip, and genital or anal region(s).

What to expect on your first visit

- We will ask you to fill out one or two forms to give your therapist details about your symptoms. This will help guide your evaluation.
- The therapist will listen to your health history and ask about your current symptoms. They may ask follow-up questions about factors that could contribute to your symptoms. These factors can include:
 - Nutrition
 - Toileting habits
 - Stress
 - Wellness activities
 - Your job or other daily activities
 - Sleep habits
 - Sexual activities

- Your therapist will also do a physical exam. This will help them see how the muscles, ligaments, nerves, joints and movements at the pelvis and nearby areas may affect your symptoms. They may also look at your posture, breathing patterns and scar tissue mobility.
- Your therapist may recommend an exam of your external and/or internal pelvic floor muscles. Your therapist will use draping and clear communication to help maintain your modesty and comfort with each step of the exam. An internal exam may involve a single, gloved finger inserted into the vagina or rectum. This will help your therapist assess your pelvic floor muscles.
- Your therapist will teach you about your pelvic floor function as it relates to your symptoms. They will create a rehabilitation program for you.
- You may feel nervous about your first visit. We encourage you to talk to your therapist about the evaluation and treatment options that may be best for you.

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Pelvic health physical therapy locations

Northwestern Medicine Rehabilitation Services offers pelvic health physical therapy at locations throughout the Chicagoland area. You must have a prescription from a physician to schedule physical therapy services.

To schedule an appointment, please call 630.933.1500 (TTY: 711). Your physician can fax the prescription for therapy to 630.933.1550.

Batavia

1049 East Wilson Street
Patients served: Female

Bloomington

235 South Gary Avenue
Patients served: Female and male

Cary

2615 Three Oaks Road
Patients served: Female and male

Geneva

296 Randall Road
(in Delnor Health & Fitness Center)
Patients served: Female and male

Glen Ellyn

875 Roosevelt Road
(in HealthTrack Sports Wellness)
Patients served: Female

Huntley

10370 Haligus Road, Suite 203
Patients served: Female and male

Lisle

1019 School Street
Patients served: Female

McHenry

4305 Medical Center Drive, Suite 3
Patients served: Female and male

Naperville

101 East 75th Street, Suite 100
Patients served: Female and male

Orland Park

15430 West Avenue
Patients served: Female and male

Sandwich

1310 Main Street, Suite 100
Patients served: Female and male

St. Charles

2900 Foxfield Road, Suite 205
Patients served: Female

South Elgin

544 Randall Road
Patients served: Female

Sycamore

2111 Midlands Court
Patients served: Female and male

Wheaton

7 Blanchard Circle, Suite LLA
Patients served: Female and male

Winfield

25 North Winfield Road
Patients served: Pediatric patients only

These locations are outpatient departments of Northwestern Medicine Central DuPage Hospital, Northwestern Medicine Delnor Hospital, Northwestern Medicine Kishwaukee Hospital, Northwestern Medicine Huntley Hospital, Northwestern Medicine McHenry Hospital, Northwestern Medicine Woodstock Hospital, Northwestern Medicine Marianjoy Rehabilitation Hospital and Northwestern Medicine Lake Forest Hospital.

