

Physical Therapy Pelvic Rehab Program

Our mission is to provide focused, one on one clinical, educational and referral services to women with pelvic dysfunctions in a comfortable and empowering atmosphere. We offer individualized interventions to correct skeletal alignment, improve muscle flexibility and function and educate on self management of healthcare.

We are now treating women with:

- Chronic pelvic pain
- Pain with intercourse
- Stress incontinence
- Prenatal/post partum pain
- Urge incontinence
- Vulvadynia
- Interstitial cystitis
- Vaginismus

Treatment interventions include:

- Biofeedback
- Relaxation techniques
- Pelvic floor strengthening
- Core strengthening
- Stretching
- Manual therapy
- Electrical stimulation
- Recommendations for lifestyle changes

A physician's referral is required for evaluation and treatment.

Charlotte Continence Center

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