Pelvic Floor Physical Therapy (PFPT)

Improves pelvic floor muscle control, decreases pain and restores function

PFPT can help women with incontinence, difficulty with urination, bowel movements, constipation, chronic pelvic pain, painful intercourse, vaginismus or endometriosis.

What Causes Pelvic Floor Dysfunction?

- Vaginal childbirth
- Interstitial cystitis
- Obesity
- Pelvic injuries
- Pelvic surgery
- Nerve damage
- Chronic coughing
- Chronic constipation
- Weightlifting
- Intense high-impact exercise
- Aging and menopause

To make an appointment for your patient, call (631) 726-8800
Pelvic Floor Physical Therapy (PFPT)

At Stony Brook Southampton Hospital, a certified Pelvic Rehabilitation Practitioner meets with the patient and builds a customized treatment plan to manipulate pelvic floor muscles and restore strength and function with techniques, such as:

- Education about pelvic anatomy
- Pelvic floor exercises
- Manual therapy
- Pelvic floor biofeedback
- Dilator instruction

Pelvic floor physical therapy is effective. Our patients experience a good success rate and report improvement in their quality of life.

Pelvic Floor Physical Therapy
Stony Brook Southampton Hospital
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