

# PELVIC HEALTH PROGRAM

## FUKUJI & LUM PHYSICAL THERAPY

### About the Program:

F&L's Pelvic Health Program specializes in physical therapy for those experiencing a variety of pelvic floor conditions.

When establishing a plan of care, our therapists will focus on improving patients' symptoms by providing structured, effective, and safe prevention and restoration of pelvic integrity utilizing a "whole person" approach.

Patients will also learn how to increase their confidence and ability to perform daily functional activities without accidents and pain.

### Plan of Care Components:

- Pelvic floor strengthening/downtraining
- Manual therapy techniques
- Therapeutic exercise/activity
- Aquatic Therapy
- Pregnancy and Postpartum care
- Modalities



### Comprehensive Treatment Plans for the Following Conditions:

- Urinary Incontinence
- Pelvic Organ Prolapse
- Pelvic Floor Muscle Dysfunction
- Pelvic and Perineal Pain
- Bladder and Bowel Strategies
- Pregnancy/Postpartum Conditions
- Pubic Symphysis Dysfunction
- Diastasis Recti



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PHYSICAL THERAPY