

Locations



Cayuga Wellness Center
310 Taughannock Blvd., Suite 1C
Ithaca, New York 14850
(607) 252-3500



Brentwood
10 Brentwood Drive, Suite A
Ithaca, New York 14850
(607) 274-4159



Cortland Campus
1129 Commons Avenue
Cortland, New York 13045
(607) 274-4159

What are the benefits?

Benefits include improvement in the symptoms you have been experiencing and increased ability to perform activities of daily living. You may experience a decrease in urinary urgency, frequency or incontinence, and diminished pain and discomfort associated with the pelvic floor. You should also gain a greater understanding about managing your condition and the resources available to you.

Does my insurance cover this?

If you have a medical diagnosis and a referral from a physician, most insurance plans do cover physical therapy for the treatment of pelvic floor dysfunction. Check with your insurance company to see if your policy covers physical therapy services.

How do I get started?

Ask your doctor if physical therapy would be beneficial to you. If therapy is appropriate for your condition, your doctor will give you a referral to the pelvic rehab program. To schedule an appointment with a physical therapist who treats pelvic floor dysfunction, call (607) 252-3500 for the Cayuga Wellness Center office. Bring your physician's referral with you to your first appointment.



A Collaborative Partner of Cayuga Medical Center
cayugawellness.org   

Your wellness destination to comprehensive services all at one convenient location in Ithaca:

-  Cayuga Center for Healthy Living
-  Island Health & Fitness
-  Physical Therapy
-  Rasa Spa
-  Sports Medicine and Athletic Performance

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Pelvic Pain and Incontinence Program



PHYSICAL THERAPY



Welcome to Physical Therapy

Improving range of motion, strength, and function through physical, occupational, and speech therapies.



With an experienced team of physical therapists and physical therapist assistants, occupational therapists, and speech-language pathologists, Cayuga Medical Center (CMC) continues as the area's leader in outpatient therapy services. Our team has extensive training, expertise, and professional certifications that are unmatched in the Finger Lakes region.

We provide therapeutic and rehabilitation services for both our active and recuperating clientele of all ages.

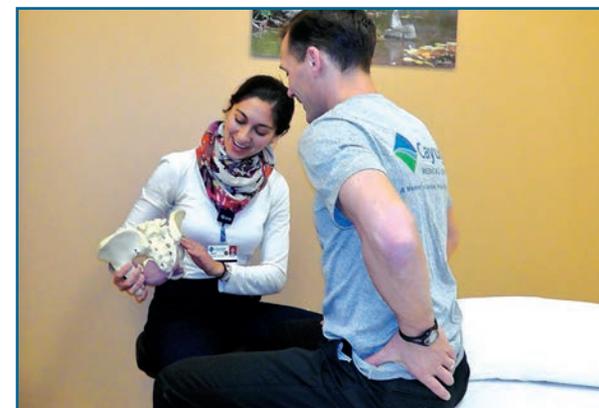
Pelvic Pain and Incontinence Program

Many women and men suffer from pelvic pain or urinary frequency, urgency, or incontinence, and are either too embarrassed to ask for help or are unaware that treatments are available. The "sling" of muscles that forms the bottom of your abdominal cavity and supports your pelvic organs can develop two common problems: abnormal tension and/or weakness. Abnormal tension can result in pelvic pain, urinary frequency or urgency, pain during intercourse, constipation, or sensation of pelvic pressure or heaviness. Weakness in these muscles can contribute to urinary or fecal incontinence and/or pelvic organ prolapse. Pelvic floor tension and weakness are both easily diagnosed during a pelvic exam and are, in most cases, treatable.

What causes pelvic floor dysfunction?

Sometimes the cause of pelvic floor dysfunction is unknown; however some common causes include:

- Chronic poor posture with weak core muscles
- Trauma (*fall on a tailbone, auto accident*)
- Pregnancy or complicated vaginal delivery
- Abdominal or pelvic surgery such as a hysterectomy or proctectomy



- Inflammation or infection
- Pelvic organ disease (*endometriosis, irritable-bowel, interstitial cystitis, prostatitis*)
- Athletic injuries
- Abdominal muscle wall weakness or hernias
- Chronic constipation

Who is the program right for?

Pelvic floor rehabilitation is right for patients who, together with their physicians, have determined that the muscles in their pelvic floor are contributing to the symptoms that they are experiencing.

What does the program offer?

The program begins with a comprehensive patient history and musculoskeletal examination. Our specially trained physical therapist evaluates the structure and function of the pelvic floor region to assess its reflexes, muscle tone, length, strength and endurance, scar mobility, and function. The therapist may also use a biofeedback device to assess muscle activity. Following the evaluation, she will discuss with you the treatment options available and together you will agree on a plan for your care.