

Symptoms

The symptoms below are indicators of a pelvic floor disorder. If you have one or more of the symptoms, contact your primary care physician.

- Strong, sudden urges to go to the bathroom
- Making frequent trips to the bathroom
- Leaking small amounts of urine when coughing, sneezing, laughing or running
- Backache or abdominal pressure
- Reduced sensation in the vagina
- Pain with intercourse or tampon use

Insurance Coverage

Pelvic Floor and Incontinence Rehabilitation falls under physical therapy and is covered by insurance for those who have physical therapy coverage. Some supplies are not covered, however this is discussed with patients before supplies are provided.

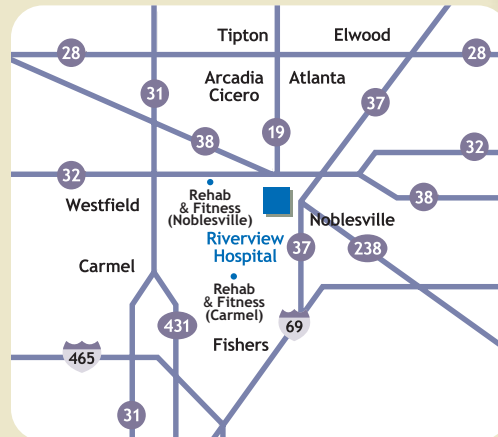
Contact Us

Ask your primary care physician about a referral to Riverview Rehab & Fitness. For more information or to schedule an appointment, call 317-776-7225.

Locations

Noblesville
601 Westfield Road
Noblesville, IN 46060
317-776-7225

Carmel
14535B Hazel Dell Pkwy
Carmel, IN 46033
317-705-4350



PELVIC FLOOR AND
INCONTINENCE SERVICES



Overview

In addition to physical, occupational and speech therapy, Riverview Rehab & Fitness now offers an additional physical therapy service — Pelvic Floor and Incontinence Rehabilitation for women and men.

Pelvic floor (pelvic support) disorders involve weakness of or injury to the ligaments, connective tissue, and muscles of the pelvis and result in bowel, bladder or sexual dysfunction. Some common causes of a weakened pelvic floor include vaginal childbirth, obesity, chronic constipation, constant coughing or undergoing a surgical procedure that requires a cutting of muscles. In many cases, the cause of the symptoms may be unknown.

Many people suffer in silence with pelvic floor disorders. If you are having trouble with ailments such as bowel or bladder incontinence, urinary frequency or pelvic or rectal pain, we encourage you to talk with your primary care physician.

With a referral from a primary care physician and based on diagnosis, your Riverview Rehab & Fitness Pelvic Floor and Incontinence Rehabilitation specialist uses techniques such as Kegel exercises with the use of biofeedback, core strengthening, biofeedback for relaxation training, electrical stimulation to decrease pain, ultrasound to decrease scarring and increase tissue pliability and education in proper habits for bladder control to help patients lead a better quality of life and meet their individual goals.

Services

Riverview Rehab & Fitness Pelvic Floor and Incontinence Rehabilitation offers services related to:

- Bowel and bladder incontinence
- Urinary frequency
- Dyspareunia (pain with intercourse)
- Interstitial Cystitis (painful inflammation of connective tissue)
- Vulvar Vestibulitis (inflammation of the vulva)
- Pelvic Pain
- Prolapse

In addition, Riverview Rehab & Fitness offers assistance to those with Lymphedema — the accumulation of tissue fluid in interstitial spaces, mainly subcutaneous tissues (beneath the skin). Lymphedema treatment consists of manual lymphatic drainage — a type of massage designed to gently move fluid out of the arm or leg — as well as compression bandaging and fitting with compression garments.