

Fair Lawn Senior Center

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Pelvic Floor Wellness

*Core of
Confidence*

*For Men
&
Women*

Discover the keys to Pelvic Floor Wellness and unlock a healthier, more confident you! Join us for an engaging session where we'll explore how to overcome dysfunction, boost confidence, and enhance sexual health. Experience guided strength, balance, and flexibility exercises designed to empower your pelvic floor muscles and transform your well-being.

Presented by
Allison Heschle, PT, DPT
Pelvic Floor Physical Therapist



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Supporting Lifestyle and
Personal Preferences

Tuesday, February 18, 2025 @ 1 p.m.

No advance registration necessary for this program.

The Senior Center offers a Noon lunch (\$1.25 suggested donation)
and reservations should be made at least 24 hours in advance.

The Valley Hospital Outpatient Pelvic Health Physical Therapy

1400 MacArthur Blvd., Mahwah
201-447-8131

What is Pelvic Health Physical Therapy?

Pelvic health physical therapy is a specialized field that focuses on improving pelvic floor muscle function in both men and women. The pelvic floor muscles are a group of muscles that sit like a hammock at the base of the pelvis. These muscles support our abdominopelvic organs, aid incontinence, stabilize our pelvis and spine, and optimize sexual function. A pelvic health physical therapist is an expert at assessing the pelvic floor muscles to determine strength, endurance, coordination, and flexibility. This assessment may be done externally or internally, depending on your history, symptoms, and preferences. Symptoms of a pelvic floor muscle disorder may include:

- Urinary or fecal leakage
- Feelings of heaviness or pressure in the pelvis/vagina
- Sexual pain
- Pelvic pain
- Urinary urgency/frequency
- Core weakness due to an abdominal separation (diastasis recti abdominis)
- Constipation

Conditions Treated Can Include:

Pelvic Pain

Pelvic pain is a broad term used to describe any pain in the pelvic region. This may include pain in the groin, pubic bone, sacrum, coccyx, vagina, penis, or rectum.

Urinary Incontinence

Stress urinary incontinence is the involuntary loss of urine with activities such as coughing, sneezing, or jumping.

Urge urinary incontinence is the involuntary leakage of urine upon experiencing an urge to urinate.

Diastasis Recti Abdominis (DRA)

DRA is a separation of the abdominal muscles that often occurs during pregnancy. A diastasis can be associated with low back pain, pelvic organ prolapse, incontinence, and sexual dysfunction.

Pre/Postpartum

Pregnancy can cause significant stress on the body contributing to orthopedic pain, urinary/bowel symptoms, and sexual dysfunction.

Post-Surgical

Surgical intervention to any region of the body can be disruptive. Gynecological surgeries (hysterectomy, endometriosis-related surgeries), Cesarean section (C-section), and urological surgeries (prostatectomy, prolapse repair) can affect many vital functions, including bladder, bowel, and sexual function.

Pelvic Organ Prolapse

Pelvic organ prolapse can cause you to feel symptoms of heaviness or pressure in the pelvis.

Why Choose Valley?

The pelvic health physical therapists at Valley have specialized training through the American Physical Therapy Association and Herman & Wallace Pelvic Rehabilitation Institute. Board-certified clinical specialists in pelvic health offer evidence-based, compassionate care to all individuals.

CONNECT WITH US!

ValleyHealth.com/Rehabilitation

