



ALLIED
Physical Therapy
WELLNESS COMMUNITY™
Get back to what you love

Pelvic Floor Therapy

Pelvic Floor Therapy for Men & Women

Dr. Melissa explains pelvic floor therapy, conditions that can be treated, and what to expect as a patient

This unique type of physical therapy can aid both men and women with problems such as fecal and urinary incontinence, constipation, pelvic pain, complications with pregnancy, and many others.

The Pelvic Floor refers to the intricate muscles surrounding the pelvis. These muscles can suffer many of the same problems that other muscles of the body can suffer like being tight, weak, and being in spasm. Just like other muscles of the body, the muscles of the pelvic floor can be treated with physical therapy as well.

We get it. Difficulty with incontinence, bowel and other pelvic disorders can be difficult to discuss. But there is really no need to suffer – because we **know** we can help. Please email Dr. Melissa confidentially at melissa@alliedpt.com with your most difficult or urgent questions and she will respond personally – to hopefully alleviate your fears and encourage you to take the first step in getting back to what you love!

Or, simply call and make an appointment to see one of our pelvic floor experts. Visit us at alliedpt.com where you can request an appointment online and find plenty of other pelvic floor resources.

SCAN HERE WITH YOUR PHONE
TO SEE OUR VIDEO!



Scan the QR code above!



TRY THERAPEUTIC DRY NEEDLING TO REDUCE PAIN

We now offer dry needling, a therapeutic technique performed by licensed healthcare professionals, to release muscle tension, improve blood flow, and alleviate pain.

- Myofascial pain syndrome
- Chronic neck, back, or shoulder pain
- Sports injuries or overuse injuries
- Muscle spasms or tightness
- Post-surgical stiffness or scarring



1469 SW 4th Terrace • Cape Coral FL 33991

Our state-of-the-art clinic is conveniently located near the intersection of Pine Island Road and Chiquita Blvd in Cape Coral, behind the Aldi supermarket.



(239) 242-0070



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