



Incontinence, pelvic pain or pelvic floor problems impact more than 25 million people. Eighty percent of those affected can benefit from education, individualized therapy and exercise as alternatives to surgery and/or medication.

If you're dealing with bladder or pelvic floor issues, BayCare can help. Some of the common diagnoses we treat are:

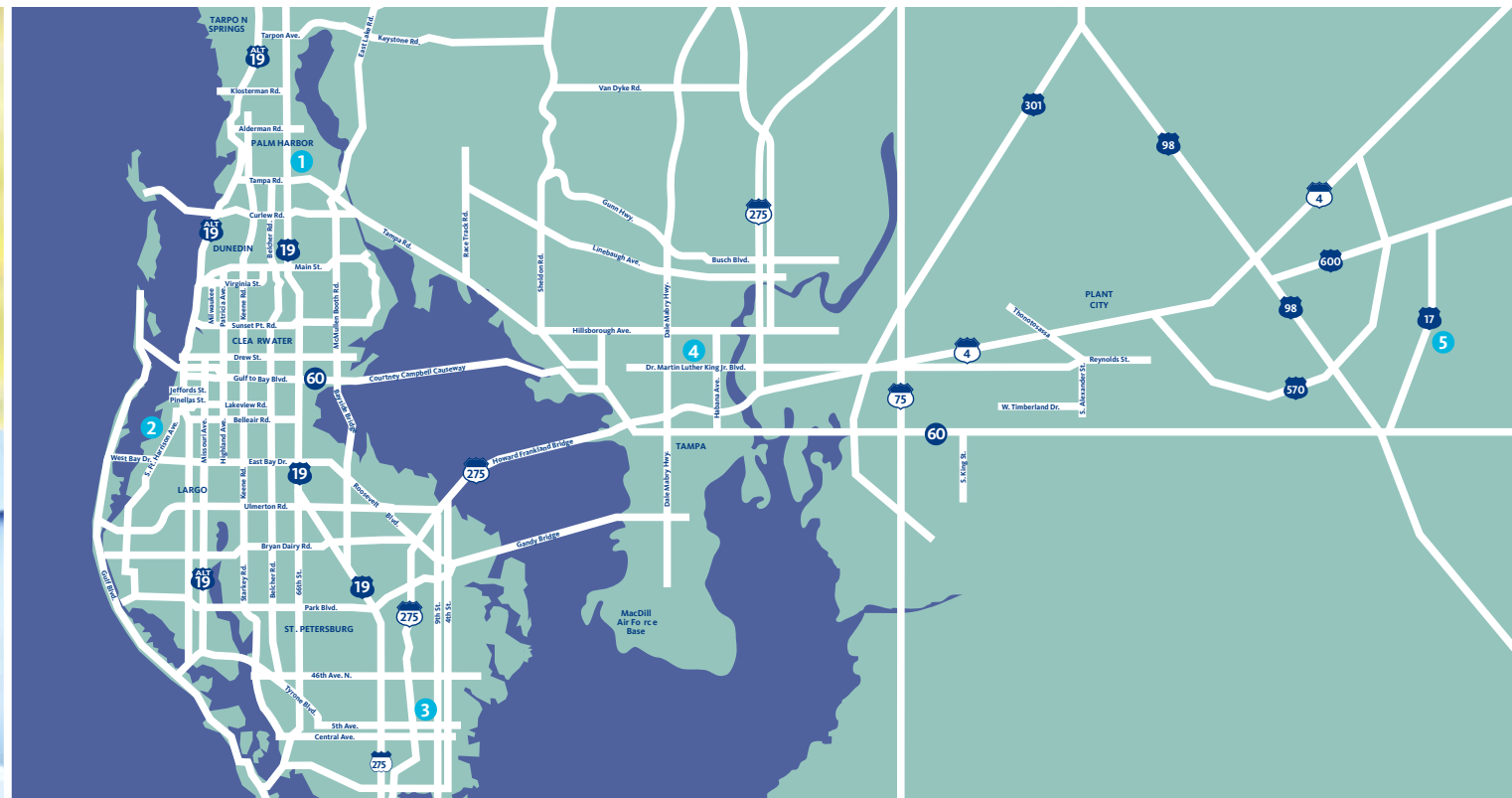
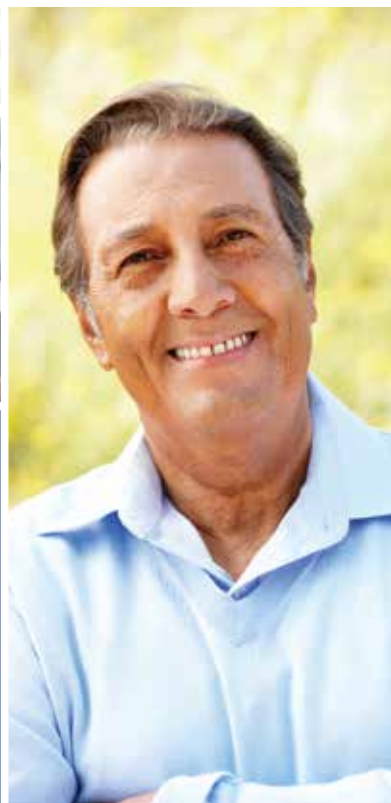
- Stress incontinence
(urine leakage with coughing or sneezing)
- Urge incontinence
- Urinary retention
- Urinary urgency and frequency
- Fecal incontinence
- Constipation
- Pelvic pain
- Tailbone pain
- Vulvar pain
- Painful intercourse
- Pre and post pelvic surgery concerns
- Prenatal/postpartum rehabilitation

Pelvic Health and Wellness



Outpatient Rehabilitation





Regain Control with Lifestyle Changes and Special Exercises

You will have a thorough evaluation focusing on your specific issue or diagnosis. A plan of care will be tailored to individual needs and may include:

- Pelvic floor muscle training (strengthening and relaxation of the pelvic floor)
- Education including bladder and bowel retraining
- Electrical stimulation of the pelvic floor muscles
- Internal massage and manual therapy techniques
- Review of bladder irritants
- Personalized home exercise program
- Therapeutic exercise

If you experience incontinence, urinary frequency or pelvic pain, contact your physician. A referral is required for the Pelvic Health and Wellness Program.

1 Mease Countryside Hospital Rehabilitation Services

at Palm Harbor Wellness Center
32672 U.S. Highway 19 N., Palm Harbor, FL 34684
(727) 772-2200

2 Morton Plant Hospital

Barrett Outpatient Rehabilitation and Sports Medicine Center
Inside the Ptak Orthopaedic and Neuroscience Pavilion
430 Morton Plant St., Clearwater, FL 33756
(727) 462-7052

3 St. Anthony's Hospital

St. Anthony's Resource Center
Outpatient Rehabilitation Clinic
500 Dr. Martin Luther King Jr. St. N., St Petersburg, FL 33705
(727) 825-1771

4 St. Joseph's Hospital

Outpatient Rehabilitation Center
Medical Arts Building
3003 W. Martin Luther King Jr. Blvd., Tampa, FL 33607
(813) 870-4877

5 Winter Haven Hospital

Rehabilitation Services
200 Ave. F N.E., Winter Haven, FL 33881
(863) 292-4060

**For more information or to find a physician:
1-800-BayCare | (1-800-229-2273)**