



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:

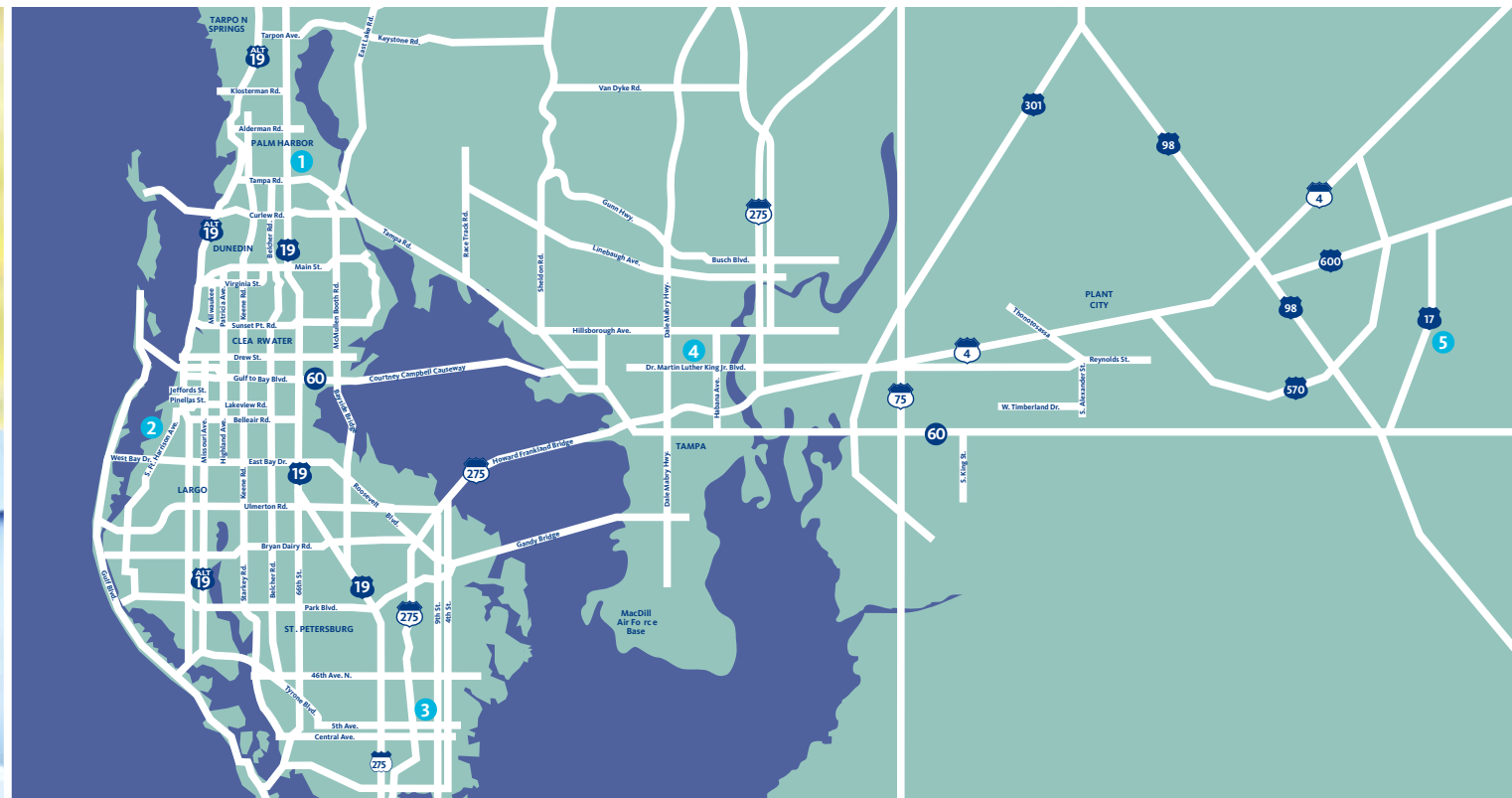
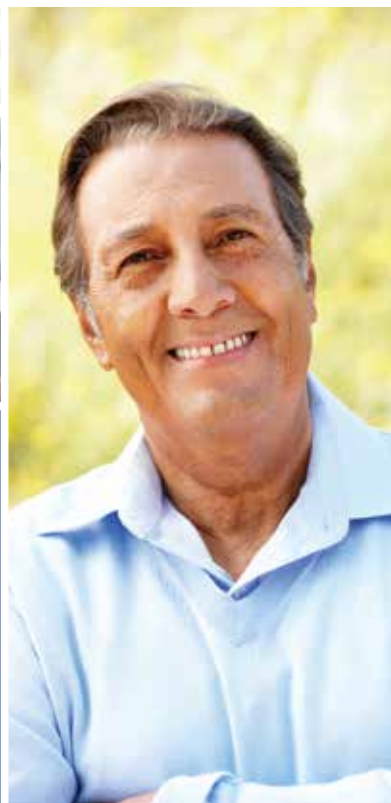
- Stress incontinence  
(urine leakage with coughing or sneezing)
- Urge incontinence
- Urinary retention
- Urinary urgency and frequency
- Fecal incontinence
- Constipation
- Pelvic pain
- Tailbone pain
- Vulvar pain
- Painful intercourse
- Pre and post pelvic surgery concerns
- Prenatal/postpartum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