

Are you a candidate for Pelvic Floor Physical Therapy?

Take The Quiz

Do You Leak Urine:

- Y N During a cough or sneeze?
- Y N When you stand up or get out of bed?
- Y N With exercise or exertion?
- Y N On the way to the bathroom?
- Y N During sudden urges to void?
- Y N After prostate surgery?
- Y N After bladder surgery?

Do You Notice:

- Y N Difficulty emptying your bladder?
- Y N Frequent urination day or night?
- Y N Trouble with constipation?
- Y N Difficulty controlling bowel movements?
- Y N A "falling out" feeling in the pelvis?

Do You Have:

- Y N Painful urination?
- Y N Painful bowel movements?
- Y N Painful Intercourse?
- Y N Pain with sitting or squatting?
- Y N Pain in the genitals?

If you answered **YES** to any of these questions, we may be able to help. Our patients report an 80% - 90% success rate.

Getting Started

1. Talk to your doctor about your symptoms
2. Ask your physician's office if they can fax an order for Pelvic Floor P. T. to our scheduling department at (866)882-3929
3. Contact us to schedule an appointment
4. Medicare and other insurances accepted.

Have More Questions?
Call Us!

Lake Centre for Rehab (LCR) is a leader in providing individualized physical, occupational, and speech therapy services with locations in The Villages, Leesburg, and Mt. Dora, FL. Family owned since 1978, our mission is simple — *Returning you to a healthy, active lifestyle!* LCR is a Medicare-certified Rehab agency and also accepts most insurances, workers' compensation, and private pay.

Program Locations

Spanish Plaines (Next to Sharon Morse Building)
(352) 753-6999

1400 US Hwy. 441 North, Suite 830, The Villages, FL 32159

Lake Sumter Landing (Next to Winn Dixie)
(352) 259-6750

910 Old Camp Road, Bldg. 100, The Villages, FL 32162

Meet the Pelvic Floor Team



**Tracey Goldstein-Marquez,
Physical Therapist,**

for over 19 years earning her Bachelor's in 1999 and her Master's in 2003. Pelvic Floor specialist since 2013.

**Donna Rodriguez Goldstein,
Physical Therapist,**

for over 40 years earning her Bachelor's in 1972. Pelvic Floor specialist since 2013. A member of APTA (Womens's Section) for 20 years.



**Filamae Garnica,
Physical Therapist,**

for 19 years earning her degree in 2000. Pelvic Floor specialist since 2015.



**Lori Yoder,
Physical Therapist
Assistant,**

earned her Associates in 1996. Pelvic Floor specialist for over 16 years.



Bladder or Bowel Problems?
Incontinence?
Pelvic Pain?

Physical Therapy Can Help
Men and Women!



Returning You to a
Healthy, Active Lifestyle!

www.golcr.com



“I didn’t know there was Physical Therapy for that!”

This is a common statement we hear from our patients. If you are unfamiliar with Pelvic Floor Physical Therapy, you are not alone. However, urologists, gynecologists, and family physicians increasingly see P. T. as a reliable and valid treatment option for pelvic floor disorders.

Many bowel, bladder, and pelvic pain conditions are due to poorly functioning muscles. Weakness and relaxation can lead to incontinence and pelvic organ prolapse. Abnormal muscle tension, muscle spasms, adhesions, and tight scar tissue can cause pelvic pain syndromes.

Research points to pelvic floor therapy’s high success rate, all without drugs or surgery. A study in the Journal of the American Medical Association*, found that pelvic floor therapies reduced urinary incontinence better than bladder medications. Patients also significantly preferred P. T. over pills.

* Reference List available upon request

Conditions We Treat

Bladder Conditions

Stress Incontinence
Urge Incontinence
Mixed Incontinence
Overactive Bladder
Urgency/Frequency
Nighttime Frequency
Incomplete Bladder Emptying
Painful Bladder Syndrome
Interstitial Cystitis
Painful Urination
Leakage after Prostate Surgery

Bowel Disorders

Fecal Incontinence
Constipation
Puborectalis Dyssynergia
Post-colorectal Surgery
Painful Bowel Movements

Pelvic Organ Prolapse

Cystocele, Rectocele
Uterine Prolapse
Pain following Prolapse Surgery
Prevention of Future Surgery

Pelvic and Genital Pain

Pelvic Floor Tension Myalgia
Sacroiliac and Coccyx Pain
Levator Ani Syndrome
Chronic Pelvic Pain
Abdominal Adhesions
Pain During or After Sex
Pudendal Neuralgia
Endometriosis
Vulvodynia
Vaginismus
Prostatitis

Types of Treatment

Our Pelvic Floor Team are experts in modifying traditional therapy techniques that will make you feel comfortable. Your therapy will be in a private treatment room. Most patients need treatments 2 times a week for 6-8 weeks. Pelvic Floor Physical Therapy is covered by Medicare and most insurances.

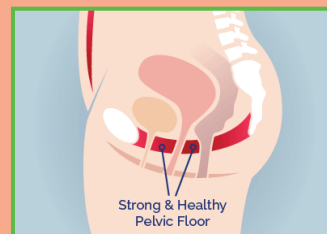
Education: Factors such as diet, fluid intake, stress, or poor bowel and bladder habits can worsen your symptoms. We will teach you lifetime strategies to help you manage these issues effectively.

Electrical Stimulation: The gentle electric pulse technology can help strengthen the pelvic floor, re-educate muscles, reduce bladder spasms, and ease pelvic pain.

Biofeedback Training: Treatment using surface EMG will teach you how to correctly contract and strengthen the pelvic floor muscles. You will be able to see your muscle activity on a computer screen.

Manual Therapy: Myofascial/trigger point release, connective tissue mobilization and internal pelvic muscle massage will help reduce muscle pain, release scar tissue and adhesions, and re-align the pelvis.

Exercises: A customized exercise program will address your specific functional limitations by improving strength, endurance, coordination of weakened muscles, and improve flexibility of tight muscles.



The Pelvic Floor

The pelvic floor muscles, shown in red, form a sling from the pubic bone to the tailbone. They help support the bladder, uterus, prostate and rectum. They also give us voluntary control over urinary and bowel function.