

If you have a pelvic condition or pain that impacts your quality of life, consider pelvic floor physical therapy.

What is Pelvic Floor Physical Therapy?

Pelvic floor physical therapy is a gentle, non-surgical approach to evaluate and treat common pelvic floor problems, such as:

- Incontinence
- Pelvic organ prolapse
- Pain with intercourse
- Lower back pain
- Constipation
- Pelvic pain
- Abdominal pain
- Prenatal strengthening
- Postpartum pain

St. James Hospital
Physical Therapy Program

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Pelvic Floor Physical Therapy



What does a pelvic floor therapist do?

A pelvic floor physical therapist is specially trained to help women (and occasionally men) deal with pelvic floor dysfunction. They specialize in treating the muscles, nerves and connective tissues in the pelvic area. Through post-graduate education and certifications, these therapists are highly trained to evaluate and treat many types of pelvic floor pain and conditions.

Why should I consider pelvic floor physical therapy?

This approach can reduce or even eliminate painful or embarrassing pelvic

conditions that impact your quality of life. In addition to treatment, you learn about your body functions and improve your core strength.

What can I expect at my first visit?

Our pelvic floor therapist will evaluate what may be causing your symptoms by doing an internal and/or external pelvic exam. She will discuss your medical history and what is likely causing your problem. Then she will suggest and provide a treatment plan such as strength training, manual therapy/massage, education, and exercises you can do at home. Your pelvic floor therapist will work with you and your referring provider to make sure you are getting the care you need from the appropriate specialist.

How do I make an appointment?

You will need a referral from your primary care physician, urologist, or OB/GYN to make an appointment for pelvic floor physical therapy.

How can I find out more?

You are welcome to contact our pelvic floor therapist to discuss your questions (607-385-3790; Daisy_Doherty@URMC.Rochester.edu).



MEET OUR TEAM

Daisy Doherty, DPT,

earned her Doctorate in Physical Therapy from Daemen College (Buffalo). She received specialized training in pelvic floor physical therapy from Herman and Wallace Pelvic Rehab Institute. Daisy has worked as physical therapist in the greater Buffalo area and joined St. James Hospital in 2019.



Christine Schaurer

is a Licensed Physical Therapist Assistant who has a special interest in women's health rehab, with emphasis on post-partum and prenatal patients, low back pain and sacroiliac joint pain. She is specially educated in pelvic floor dysfunctions and has worked at St. James Physical Therapy since 2015.



Together, Daisy and Christine combine compassion, the ability to listen and educate, and their extensive knowledge and training to help patients with pelvic floor conditions. They know that no two patients are alike, and take a multi-disciplinary approach to ensure that each person receives the most complete and personalized treatment.