



SYNERGY

Physical Therapy and Yoga Inc.

For Men and Women

Pelvic floor dysfunction is a general description for pain or difficulty controlling the muscles of the pelvic floor. These muscles include the diaphragm, abdominal muscles, back muscles, hip muscles, pelvic floor musculature and genitals. Men have pelvic floors too!

Christine has trained in disorders of the pelvis with Diane Lee completing the Integrated Systems Model and Alcove Education to learn how to effectively perform internal exams and treat conditions such as:

Cesarean, Episiotomy and Scar Pain
Constipation
Incontinence - Fecal, Gas and Urine
Painful Sex and Menstruation
Pre/Post Natal Pain and Weakness
Prolapse - Cystocele, Enterocele, Rectocele, Uterine
Prostatitis
Post Surgical - Hysterectomy and Prostatectomy
Urgency - Bladder and Bowel

