**Treatments**
All treatments are provided by the same licensed DPT (Doctor of Physical Therapy) from start to completion of care in private treatment rooms.

Manual Therapy includes:
- Trigger point/Myofascial release,
- Soft tissue mobilization and Deep tissue massage to improve muscle function and decrease adhesions
- Visceral mobilization to improve mobility of abdominal and pelvic organs
- Pelvic muscle and core stabilization exercises
- Biofeedback to help patients relax or strengthen their pelvic floor muscles

**Faster recovery with EMH Physical Therapy**

**Treatments for Chronic Pelvic Conditions**
- Urinary Incontinence
- Pelvic pain
- Chronic Prostatitis
- Abdominal Adhesions/Infertility
- GI & Bowel Disorders
- Pregnancy and Childbirth Issues
- Sexual Dysfunctions

**EMH Physical Therapy**

**is a certified member of the Hospital for Special Surgery Rehabilitation Network.**

**Outside**

Your personalized program starts with our Director, Evelyn Hecht, PT, ATC.

Her experience and knowledge help you get better faster.

- Licensed physical therapist and athletic trainer for 25 years.
- Supervises and directs care for every patient referred to EMH Physical Therapy to ensure full recovery.
- Reviews all Evaluation and Progress reports prior to sending to the physician to ensure quality communication.
- Pioneer in the treatment of pelvic floor dysfunction for women and men.
- Adjunct Clinical Instructor at NYU and Stony Brook University Doctorate of Physical Therapy programs.
- Member of many professional associations.

EMH Pelvic Brochure
4/C
Trim 11" x 8.5"
Bleed 11.25" x 8.75"

Please contact with any questions
Richard Hecht
917-658-8289
Potential Pelvic Conditions
Pelvic dysfunction refers to any impairment located in the pelvic area. The most common pelvic disorders are:

Urinary Incontinence
Symptoms: Uncontrollable loss of urine during exercise, coughing, laughing, having a strong urge to go, frequency, straining to fully empty the bladder.

Pelvic Pain
Symptoms: Any pain in the stomach, hip, thighs, buttocks, pelvis, vagina, penis, or rectum which may be caused by muscle/fascia restrictions, trigger points and joint misalignment.

Chronic Non Bacterial Prostatitis
Symptoms: Pain in rectum, penis, testes, groin; weak urine stream, urinary frequency, decreased libido, all with absence of infection/inflammation.

Gastrointestinal and Bowel Disorders
Symptoms: Painful and/or infrequent bowel movements, constipation, fecal incontinence, abdominal bloating.

Pregnancy and Childbirth Issues
A woman’s body undergoes many changes in posture, strength, joint mobility pre/post childbirth. The weight of a growing baby pressing against the pelvic floor may lead to pain, weakened muscles, joint misalignment and reduced urinary and/or bowel control.

Sexual Dysfunction
Sexual dysfunctions caused by tight pelvic floor muscles, spine/pelvic/hip joint dysfunction and/or pudendal nerve entrapment can be successfully treated with physical therapy.

Women’s symptoms may include:
Difficulty having orgasms
Pain during or after sexual activity

Men’s symptoms may include:
Premature or difficulty with ejaculation
Pain during or after sexual activity

Abdominal Adhesions/Infertility
The presence of internal scar tissue or adhesions (abnormal connective tissue cross linking) around the small/large intestines can cause abdominal pain and disrupt digestive function. Adhesions around the female reproductive organs (ovaries, uterus or fallopian tubes) can cause infertility.

Physical therapy can provide effective treatment to reduce restrictions and improve function.

The Pelvic Floor