



Advanced Non-Surgical Treatment for Chronic Pelvic Conditions

- URINARY SYSTEM DISORDERS
- PELVIC PAIN
- GASTROINTESTINAL AND BOWEL DISORDERS
- PREGNANCY AND CHILDBIRTH ISSUES
- OBESITY
- SEXUAL DYSFUNCTIONS

PhysioDynamics seeks to return patients to the highest possible level of personal independence and quality of life.

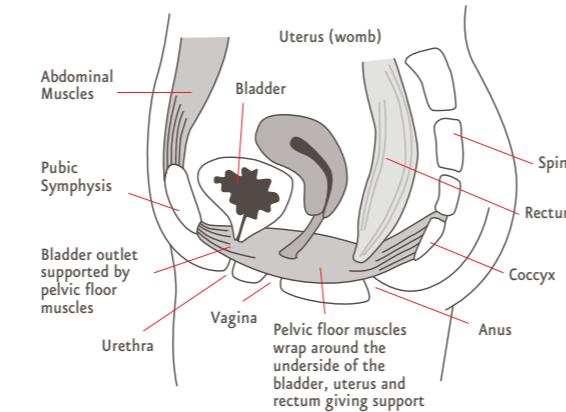
The Agency for Health Care Policy and Research (AHCPR), part of the U.S. Department of Health, recommends physical therapy as a non-invasive alternative to surgery. AHCPR has concluded that up to 80 percent of patients who receive physical therapy treatments correctly and consistently can be cured.

Our individualized treatment programs are designed to correct functional disorders, improve muscle function and strength, relieve pain, promote healing and recovery and, when necessary, help patients adapt to permanent disabilities.

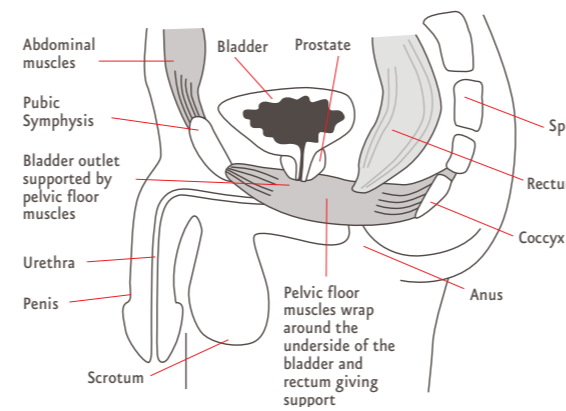
We work closely with doctors and health care providers through all stages of physical therapy treatment.

THE PELVIC FLOOR

The pelvic floor is made up of layers of muscle and tissue that stretch like a hammock from the tail bone at the back to the pubic bone in front. The pelvic floor muscles help control the bladder, the bowels and sexual response.



Side view of a woman's pelvis showing the pelvic floor muscles



Side view of a man's pelvis showing the pelvic floor muscles

POTENTIAL PELVIC CONDITIONS

Pelvic dysfunction refers to any kind of impairment in the pelvic area. Both men and women can be affected. The most common pelvic disorders are:

URINARY INCONTINENCE

Symptoms: Uncontrollable loss of urine, frequent urination, urgent desire to urinate, pain during urination, strain to urinate or delay in starting the urinary flow.

PELVIC PAIN

Symptoms: Any pain in the abdomen, hip, pelvis, vagina, penis, thighs, buttocks or rectum associated with muscle, joint and ligament disorders. Pelvic pain is a common complaint, and although a cause may not be found, symptoms can be treated.

GASTROINTESTINAL AND BOWEL DISORDERS

Symptoms: Bowel movements that are infrequent, painful, difficult to pass and incomplete. These may include diarrhea and constipation combinations, gas or bowel leakage.

PREGNANCY AND CHILDBIRTH ISSUES

A woman's body undergoes major changes before, during and after childbirth. Some of these changes may result in pain, joint misalignment, issues with sensation, weak muscles and reduced urinary and/or bowel control.

OBESITY

Even modest weight loss provides significant health benefits by reducing the risk of many disorders including erectile dysfunction and urinary incontinence. Individualized programs of diet and exercise can be developed and implemented.

SEXUAL DYSFUNCTIONS

Sexual dysfunction with underlying psychological or hormonal causes may need to be treated with psychotherapy or medication. However, conditions with underlying musculoskeletal or other physical causes can be successfully treated with physical therapy.

Women's symptoms may include:

- Difficulty having orgasms
- Pain during or after sexual activity
- Issues with sensation

Among men, symptoms may include:

- Premature ejaculation
- Pain during or after sexual activity
- Difficulty with ejaculation

TREATMENTS

There are a variety of treatments for pelvic disorders that work well in conjunction with medications and/or surgical intervention, such as:

- Pelvic muscle and core stabilization exercises
- Bladder and bowel training and patterning
- Food and fluid intake management
- Biofeedback to reeducate and measure the strength and relaxation of pelvic muscles
- Trigger-point massage, myofascial release, deep tissue massage, mobilization of joints to decrease pain, relaxation of muscles, reduction of scarred and swollen tissues
- Methods to reactivate muscles to improve orgasmic intensity and awareness of sexual response
- Ultrasound, iontophoresis and electrical stimulation

TREATMENT SPECIALIST

Donata Galluccio, P.T. M.A., is a highly experienced physical therapist who has specialized in the assessment and treatment of pelvic disorders in men and women in the U.S. and Australia for over 25 years.



TREATMENT PROCESS

A comprehensive initial evaluation will determine the underlying physical problems and general muscular and skeletal status. Based on the evaluation, an individualized treatment program is developed. Treatment sessions are carried out on a one-on-one basis in an environment of complete privacy.

INSURANCE

These physical therapy services are covered by most health insurance plans.

APPOINTMENTS

Evaluation and treatment are conducted at:
PhysioDynamics Physical Therapy P.C.
Morgan House
153 East 87th Street, Suite 10D
(Northeast corner of Lexington Avenue and East 87th Street)
New York, NY 10128

Please contact Donata Galluccio at 212.722.2323 to schedule an initial consultation.

Visit us on the Internet at:
www.physiodynamics.net