

Meet Our Therapist

*Kat Janderson, PT, DPT,
RYT-200*



Kat Janderson, PT, DPT, RYT-200 completed pelvic floor training through Herman and Wallace and holds a 200 hour yoga teacher certification. She has been part of the LUH Rehabilitation Services team for over 16 years and enjoys being a part of a patient centered care team.

Contact the Rehabilitation Department directly with additional questions at (541) 271-6318.



LOWER UMPQUA
HOSPITAL DISTRICT

More Information :



(541)-271-6318



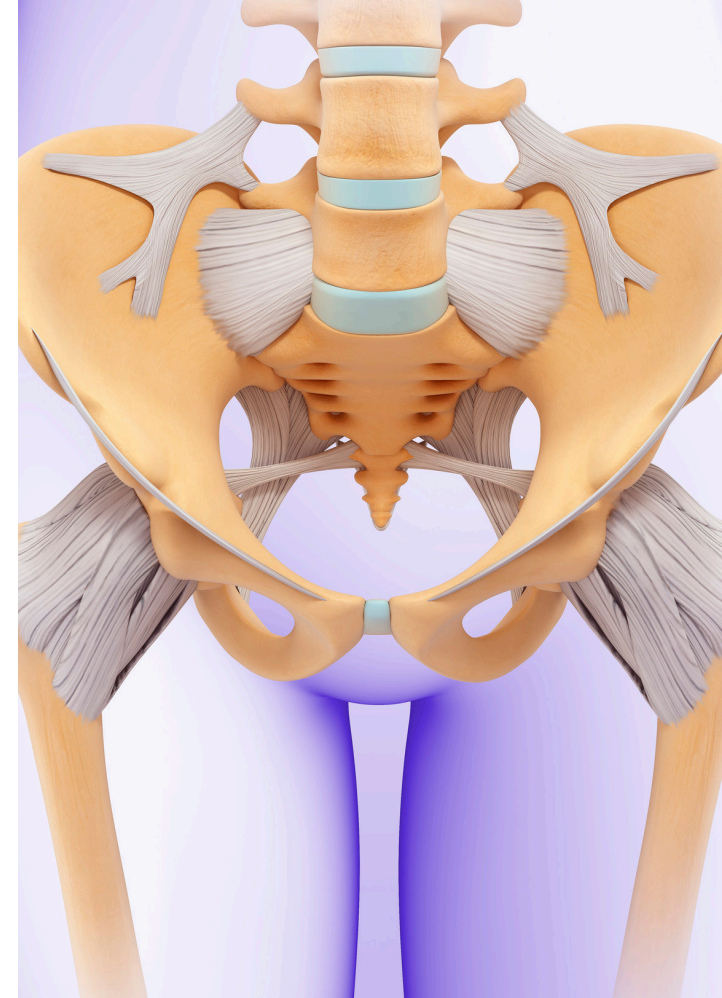
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www.lowerumpquahospital.org



Pelvic Floor Therapy

Rehabilitation Services

Lower Umpqua Hospital District

Pelvic Floor Therapy

What is Pelvic Floor Therapy?

Our Physical Therapy Department is excited to announce they are now seeing patients for pelvic floor rehabilitation.

Pelvic floor physical therapy involves working with muscles influencing the pelvis as well as the pelvic floor muscles that support the pelvic organs, assist in bowel and bladder control, and contribute to sexual arousal and orgasm.

Pelvic floor therapy is for everyBODY - we all have a pelvic floor!



Treatment

What can Pelvic Floor Therapy help treat?

- Bladder incontinence
- Bowel incontinence
- Constipation
- Pelvic pain
- Painful intercourse
- Post-operative care/Hysterectomy rehabilitation
- Sacroiliac joint pain
- Muscle weakness and imbalance
- Vulvar pain / vulvodynia
- Interstitial Cystitis / Painful bladder syndrome
- Pelvic organ prolapse
- Diastasis recti abdominis
- Coccyx pain
- Pudendal Neuralgia
- Prostate dysfunction/ prostatitis / post prostatectomy
- Sexual dysfunctions
- Endometriosis
- Pregnancy and postpartum

Getting Started is easy!

Program Mission Statement

Providing evidence-based, specialized treatments to improve function and decrease pain in a compassionate and patient-centered environment. Increasing awareness and normalizing pelvic health and its symptoms.

