

Rehabilitation Services Pelvic Floor Therapy



The number of people surviving or living with cancer has significantly increased through the years. Treatments such as surgery, chemotherapy, radiotherapy and hormonal therapy may contribute to pelvic dysfunctions such as bowel or bladder incontinence, sexual pain, anatomic alteration, neurologic, myofascial and pelvic organ injury.

Occupational therapy treatment for these symptoms involves the pelvic floor muscle group. These muscles support the pelvic organs, assist in bowel and bladder control and contribute to sexual arousal and orgasm.

Pelvic floor occupational therapists might use several techniques:

Education. Pelvic floor specialists will educate patients about their pelvic anatomy, function, and strategies to reduce symptoms. Patients will be trained on how habits and hygiene affect their pelvic floor health.

Pelvic floor exercises. A personalized exercise program is created to train the patient to isolate, contract and relax pelvic floor muscles. Patients are taught breathing and timing techniques to make the exercises more effective. Such exercises can stretch tight muscles, strengthen weak ones and improve flexibility.

Manual therapy. An occupational therapist may use hands-on massage or stretching to help with reduce fascial restrictions, improve posture, blood circulation and mobility.

Pelvic floor biofeedback. Biofeedback is a tool that can help patients “see” how the pelvic floor muscles are working. To do this, external or internal sensors are used

and the muscle performance is displayed on a computer screen.

Vaginal dilators. Women who have been treated for gynecological cancer may be instructed on a home program including dilators for vaginal rehabilitation after treatment. These tube-shaped devices can help relaxation of pelvic muscles, reduce scar tissue, promote tissue elongation, range of motion and blood flow and reduce pain.

Prostate recovery. Rehabilitation approaches are available at every stage of prostate cancer treatment, including pre-operative, post-operative and throughout radiation. Therapy can minimize the risk of side effects of treatment for prostate cancer including bladder control, sexual function, incontinence, bowel habits and maximize quality of life.

Meet our Experts



Laura Korbelik
MOTR/L, CLT
Occupational Therapist



Marissa Horak
MOTR/L, CLT-LANA
Occupational Therapist

To learn more about pelvic floor therapy
and other rehabilitation services,
call 402-420-7000.

Appointments are available
Monday-Friday, 7 a.m. to 4 p.m. at
our 68th & O Street location.