

Rehabilitation Services Pelvic Floor Therapy



Do you experience any of the following symptoms?

- ✓ Urinary or bowel incontinence
- ✓ Decreased sexual function or desire
- ✓ Difficulty passing urine, bowel or gas
- ✓ Pain with intercourse
- ✓ Urinary urgency/frequency
- ✓ Urinary leakage with coughing/sneezing

Treatments such as surgery, chemotherapy, radiotherapy, and hormonal therapy may contribute to pelvic floor dysfunctions such as bowel or bladder incontinence, sexual pain, anatomic alteration, myofascial and pelvic organ changes. At Cancer Partners of Nebraska, we specialize in Cancer Rehabilitation and can help address these concerns.

Techniques and Treatments

Education. Pelvic floor specialists will educate patients about their pelvic anatomy, function and strategies to reduce symptoms and prevent future symptoms.

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.

Manual therapy. Hands-on massage or stretching to help reduce facial restrictions, improve posture, blood circulation and mobility.

Biofeedback. A tool that can help patients “see” how the pelvic floor muscles are working.

Vaginal/rectal dilators. Those treated for gynecological cancers or colorectal cancers may be instructed on a home program utilizing dilators. These devices assist with relaxation of pelvic floor muscles, reduce scar tissue, promote elongation, range of motion, blood flow and reduce pain. We provide education on dilator options, provide dilators and educate on use to ensure safe, effective and pain-free use.

Prostate recovery. Rehabilitation approaches are available at every stage of prostate cancer treatment. Therapy can minimize the risk of side effects of treatment including bladder control, sexual function, incontinence and bowel habits.

Meet our Experts



Taylor Homes
MOTR/L, CLT
Occupational Therapist



Rebecca Evans
OTR/L, CLT
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
the April Sampson Cancer Center.