

WOMENS HEALTH



Listening Hands
PHYSICAL THERAPY

SOMETHING'S WRONG WITH MY WHAT?

RUNNING TO THE BATHROOM, AGAIN?

WHY IS POOPING SO DIFFICULT?

DOES MY DIET REALLY MATTER?

PAIN & SEXUALITY, IS IT ALL IN MY HEAD?

I'M PREGNANT, HELP!

SUFFERING FOR 5-10 YEARS WITHOUT HELP?

**Pelvic floor physical therapy may be your answer.
It is just another body part requiring care and attention.**

At Listening Hands Physical Therapy, expect a private, one-on-one session with the therapist to determine possible causes of your symptoms. The treatment plan will be tailored to your needs.

Main staples of pelvic floor rehab

- Manual techniques including Myofascial Trigger Point Release, Scar tissue Mobilization, Connective Tissue Manipulation, Neural, Visceral and Joint Manipulation.
- Neuro-education of the Pelvic Floor and Surrounding Structures



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