

Pelvic Floor Physical Therapy



**You have a choice where to go
for physical therapy!
Choose Northern Rehab!**



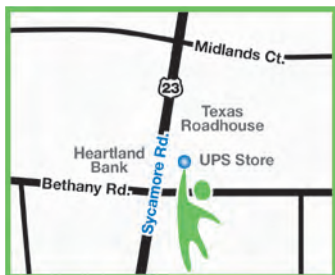
- The pelvic floor, which is comprised of the muscles and structures within the pelvis, helps support the pelvic organs, holds/releases urine, feces and gas, aids in sexual function and reproduction, & assists the diaphragm and core with breathing and spinal stabilization.
- Pelvic floor physical therapy can help with issues or pain with any of the following; pregnancy, post-partum, premenopausal, menstruation, medical exams, or intercourse. It can also help with frequent urination, leakage of urine, gas or feces, constipation, weakness of the abdominal wall (Diastasis Recti), and SI joint, low back, hip, abdominal, tailbone or pubic pain.
- Pelvic floor physical therapy is provided by our pelvic floor specialist, who will assess and treat the pelvic floor and surrounding structures. Treatment will be individualized to meet each patient's specific needs to improve pain and function. Treatment can include manual techniques, strengthening, muscle tension release and habit retraining.

Why choose Northern Rehab?

- We provide cost-effective, hands-on care in a fun, friendly atmosphere.
- We have been a preferred provider for thousands of clients for over 40 years.
- We have an excellent staff of skilled specialists.
- We strive to develop collaborative relationships with our patients and health care professionals.
- We are an independent, physical therapist owned practice.

northernrehabpt.com
815-756-8524

See all of our convenient locations on the back of this card.



DeKalb

3266 Sycamore Rd.
DeKalb, IL 60115
*Located in the strip mall
with the UPS Store.*

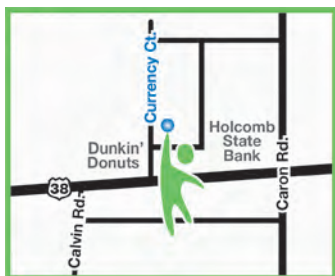
Phone 815-756-8524
Fax 815-756-1841



DeKalb

232 West Lincoln Hwy.
DeKalb, IL 60115
*Located between the Kishwaukee
River and Hickey's Marathon*

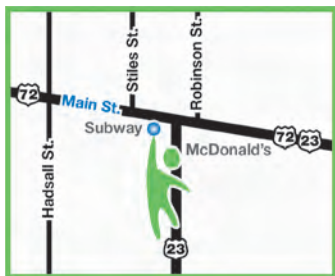
Phone 815-756-2369
Fax 815-758-6985



Rochelle

1211 Currency Ct.
Rochelle, IL 61068
*Holcomb Bank Professional Park
Located between Dunkin' Donuts
and Holcomb Bank*

Phone 815-562-3299
Fax 815-562-6877



Genoa

540 East Main St.
Genoa, IL 60135
*Genoa Shopping Center
At the corner of Routes 23 & 72,
across from McDonald's*

Phone 815-784-6417
Fax 815-784-3178

northernrehabpt.com



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