

## Take the One Minute Quiz

Are you using the bathroom so often it disrupts your day?

Yes  No

Do you find yourself noting all bathroom locations when you enter a building?

Yes  No

Do you find it hard to make it to the bathroom, occasionally having accidents?

Yes  No

Are you using pads or other protection to absorb bladder leakage?

Yes  No

Do you leak when sneezing, coughing, lifting heavy objects or laughing?

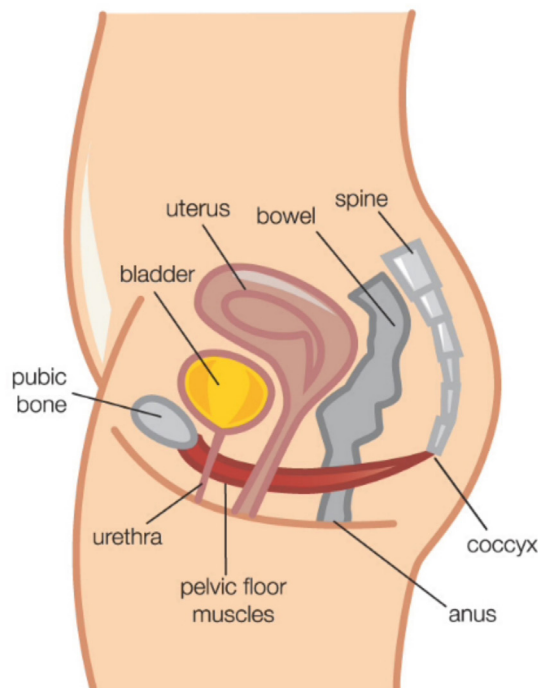
Yes  No

Are you experiencing pressure or bulging in your vagina, especially after standing for long periods?

Yes  No

Has your urine stream become weak or turned into a spray?

Yes  No



### Pelvic Floor Diagram

The pelvic floor consists of a group of muscles and strong tissue that support and keep your pelvic organs in place.

Take our one minute quiz and then share your findings with your provider.



We can prescribe a specific treatment plan just for you.

## Understanding the Pelvic Floor Program

Our treatment method includes pelvic floor stimulation using Laborie technology during weekly appointments in our office.

Unique, daily homework exercise assignments are also provided for each patient to ensure individual success based on needs and progress.



Your physician will monitor your progress and re-assess your treatment plan, assignments, and scheduled in-office therapies as required to help you achieve results.





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The Woman's Group's Pelvic Floor Rehabilitation Program provides a clear and comprehensive, customized plan to meet your individual pelvic health needs.

**Did you Know?**  
Loss of bladder control is NOT a normal part of aging.

We help women of all ages feel secure and address their most intimate concerns.

Surgery can often be avoided by pelvic floor rehabilitation. In many women, the muscles of the pelvic floor can become strong enough to support the bladder and stop leaks before they happen. Let us help you become proactive, treating the problem before the problem becomes your new way of life.

## *Pelvic Floor Program*

A Comprehensive, Customized Plan Meeting Your Individual Pelvic Health Needs



Find Us Online at  
[www.thewomansgrouptampa.com](http://www.thewomansgrouptampa.com)

*"At The Woman's Group  
We Are Proud to be  
Women Meeting the  
Needs of Women"*