

# Women's Physical Therapy

Texas Children's Pavilion for Women specializes in the evaluation and physical therapy treatment needs of a woman throughout her lifetime. We focus on treating pelvic floor conditions and conditions during and after pregnancy. Our goal is to optimize function for women at any stage of their lives.



## Outpatient Services

Common reasons for referral to outpatient physical therapy services include:

- Abdominal rehabilitation (including diastasis recti)
- Coccyx pain
- Constipation and defecation dysfunction
- Recovery following gynecologic surgeries
- Labor and delivery preparation
- Loss of bladder and/or bowel control
- Musculoskeletal pain
- Pain with sexual activity
- Pelvic organ prolapses
- Pelvic floor conditions related to menopause
- Pelvic and genital pain
- Pregnancy related back, pelvic girdle and hip pain
- Post-partum pelvic floor assessment
- Post-cesarean section recovery
- Post-partum nerve injury
- Osteopenia and osteoporosis
- Overactive bladder
- Exercise during pregnancy and post-partum
- Swelling, numbness or tingling in the extremities
- Vulvar pain

## Treatment Options

Our physical therapists are specially-trained in women's health physical therapy and use a wide area of treatments to help women return to a healthy and active lifestyle, including:

- Bladder training
- Body and lifting mechanics education
- Biofeedback
- Dry needling
- Electrical stimulation
- Gait training
- Manual therapy techniques
- Neuromuscular re-education
- Pain neuroscience education
- Patient education
- Therapeutic exercise



### To refer a patient

Scan the QR code or visit [texaschildrens.org/refer](https://texaschildrens.org/refer), select **Pavilion for Women** then choose **Women's Physical Therapy** from the dropdown menu. If you are a patient, ask your provider to call **832-826-4MFM** (4636).

### Locations:

#### Texas Children's Pavilion Tower II

6620 Main St.  
Suite 1505  
Houston, TX 77030  
832-826-2135

#### Texas Children's Specialty Care Kingwood

19298 W. Lake Houston Pkwy.  
Suite 240  
Humble, TX 77346  
281-812-5725