



The proven way to get your life back in control

Pelvic Floor Therapy



Lacie Barbier, MOT, LOTR
Pelvic Rehab Specialist

Call our office to schedule a consultation.
225.928.5951

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Don't live with incontinence... OVERCOME IT!

If incontinence or the occasional urinary or bowel "accident" is keeping you from enjoying the active life you want, pelvic floor therapy can help. Our pelvic floor therapist utilizes proven techniques to help individuals regain bladder and bowel control. In fact, 80% of all individuals who participate in therapy enjoy significant success in 2 to 4 weeks. In most cases, the cost of therapy is covered by insurance. If incontinence is preventing you or someone you care about from enjoying a full social life, ask your doctor about making an appointment today.



START

your journey today.

- A private and confidential consultation with a certified pelvic floor therapist provides an understanding of your special circumstances and needs.
- An evaluation of your medical history and bladder/bowel control level.
- A diagnostic assessment of your pelvic muscle activity and ability, monitored by comfortable sensors and displayed for you on a computer monitor.
- A personalized treatment program incorporating biofeedback, behavioral therapy, pelvic muscle rehabilitation and bladder/bowel retraining.
- A simple regimen of maintenance exercises that when done for as little as 5 minutes a day can result in life-long bladder and bowel control.
- Most importantly, the proven therapeutic techniques can put you back in control...often in 2 to 4 weeks!

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