

# About the therapist

Jill Nolte is an occupational therapist with three years of experience. She graduated from Rockhurst University and received special training in pelvic floor therapy from Herman & Wallace Pelvic Rehabilitation Institute.

Pelvic floor problems are common, but Jill knows that patients may feel embarrassed by talking about these issues. Jill brings knowledge, understanding, and empathy to her therapy patients.



## Contact us

**Community HealthCare System**

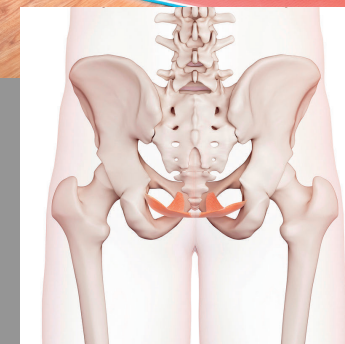
120 W. 8th St.

Onaga KS 66521

**785-889-5048**

*[jillnolte@chcsks.org](mailto:jillnolte@chcsks.org)*

[www.chcsks.org](http://www.chcsks.org)



## Pelvic floor therapy



Community  
HealthCare System

NE Kansas

## What causes pelvic floor problems?

The pelvic floor comprises the muscles, ligaments, and connective tissue that support and stabilize the organs in your pelvis, which include the bladder, rectum, uterus, and genitals.

**Pelvic floor problems can occur in many forms for both men and women.** Fecal or urinary leakage and pelvic pain are common problems. Weakness in this area has several potential causes, including:

- Pregnancy and childbirth
- Postpartum recovery
- Aging
- Pelvic trauma or surgery
- Pelvic nerve injuries
- Prostate inflammation
- Endometriosis
- Heavy lifting
- Chronic constipation

## What does pelvic floor therapy treat?

Pelvic floor therapy addresses pain, weakness, or dysfunction of the muscles in the pelvic floor and abdominal muscles.

**Pelvic floor therapy can treat the following.**

- Urinary incontinence, frequency, or other difficulties
- Bowel incontinence or pain
- Pelvic pain
- Pelvic organ prolapse
- Muscular dysfunction or weakness
- Painful menstrual periods
- Pain during sexual intercourse



## What should I expect?

**Your therapist will perform an initial evaluation that includes internal and external assessments of your pelvic floor muscles.** Your treatment will be tailored to you and based on the findings of your evaluation.

**Your treatment may include** pelvic floor exercises, stretches, proper body mechanics, proper breathing techniques, and biofeedback.

**Your occupational therapist will work closely with your physician** or other healthcare provider.



Community  
HealthCare System  
NE Kansas