

You Are Not Alone

- Nearly 24% of U.S. women are affected with one or more pelvic floor disorders (PFDs).
- The frequency of PFDs increases with age, affecting more than 40% of women from 60 to 79 years of age, and about 50% of women 80 and older.
- In addition to women, children and men also suffer from PFDs with symptoms that include urinary and fecal incontinence, pelvic pain and constipation.
- However, these medical conditions are often left untreated due to their sensitive nature or the lack of treatment options.
- But there is hope.

What We Treat

Pelvic Abdominal Rehabilitation LLC treats pelvic floor disorders, bladder dysfunction and abdominal pain, including:

- pain due to surgical adhesions in the pelvic region
- dyspareunia/vulvodynia (pain with intercourse)
- chronic pelvic pain syndromes
- prolapse discomfort
- lower back pain and pelvic girdle pain during pregnancy and postpartum
- diastasis recti (separation of the abdominals that may occur due to pregnancy)
- bladder dysfunction
- bowel and bladder incontinence

What We Do

Pelvic Ab Rehab customizes treatment to meet your needs and may include: education; specific exercises and stretches; manual techniques; and modalities, such as heat, ice, ultrasound, electrical stimulation and biofeedback.



Pelvic Abdominal Rehabilitation

Pelvic and Abdominal Physical Therapy for Women, Men and Children

Pelvic Abdominal Rehabilitation LLC
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For more information, please e-mail us at info@pelvicabpt.com or visit our website at pelvicabpt.com

Trust

At Pelvic Ab Rehab, we know that the treatment of pelvic and abdominal disorders can be a sensitive topic for our patients. We are committed to discussing and treating these issues with the highest level of confidentiality, compassion and trust.



Stacey Lash, PT, MPT, WCS
Founder and Manager of Pelvic Ab Rehab.

Stacey is a Board-Certified Specialist in Women's Health Physical Therapy, who has been treating patients for over 25 years. Stacey is passionate about educating her patients and providing them with excellent care in a relaxed, but professional setting.



Shelley Nimmoor, PT, DPT
Physical Therapist at Pelvic Ab Rehab

Shelley has been practicing physical therapy for 15 years and has specialized in pregnancy / postpartum and pelvic floor dysfunction for the past 6 years. She received her Certificate of Achievement in Pelvic Physical Therapy from the American Physical Therapy Association in 2018. She is passionate about helping people living with pelvic pain, incontinence or pregnancy / postpartum issues learn to live happier, healthier lives.