

Beth-Ann Balestrieri Schumacher, MPT, LMT, CAPP-Pelvic

Beth is a practicing Physical Therapist for 26 years in a variety of clinical settings. She is an advanced JFB Myofascial Release Therapist and is currently working towards her pelvic floor specialist certification through the APTA Women's Health Section. With her manual physical therapy skills and interest in complimentary medicine practices such as Thai Yoga Bodywork, Beth hopes to

provide a holistic approach to Pelvic Floor health especially chronic pelvic pain. As a mother of three who struggles often in finding the time to squeeze in activities she enjoys like circus ariel training, Beth has an understanding of all the demands placed on women of all ages and wishes to promote education especially regarding the importance of finding the time for pelvic floor health no matter what your age.

Melissa Long, PT, DPT, CAPP-Pelvic

Melissa earned her Doctorate in Physical Therapy from Richard Stockton University in 2014. She has worked in the outpatient and acute care settings and is passionate about promoting healthy lifestyle changes to enhance physical well-being. She is working toward her pelvic floor certification through the APTA Women's Health Section. With her knowledge and passion for exercise and manual therapy, Melissa hopes to be a resource for pelvic floor health education by providing a safe, nurturing environment to work in conjunction with you to achieve your specific goals for rehabilitation. She is a marathon runner and has a strong interest in working with athletes as well as pre-and-post partum patients.



**Pelvic Floor Rehabilitation at
Cape Regional Medical Center**
2 Stone Harbor Boulevard
Cape May Court House
609.463.CAPE

Hours of Operation
7 am - 6 pm | Monday - Friday

***Pelvic Floor Rehab is only offered at our
Medical Center location.**

**Cape Regional Physical Therapy
Locations:**

Cape May Court House
Cape Regional Medical Commons
223 N. Main Street, Suite 102

North Cape May
3816 Bayshore Road, North Cape May

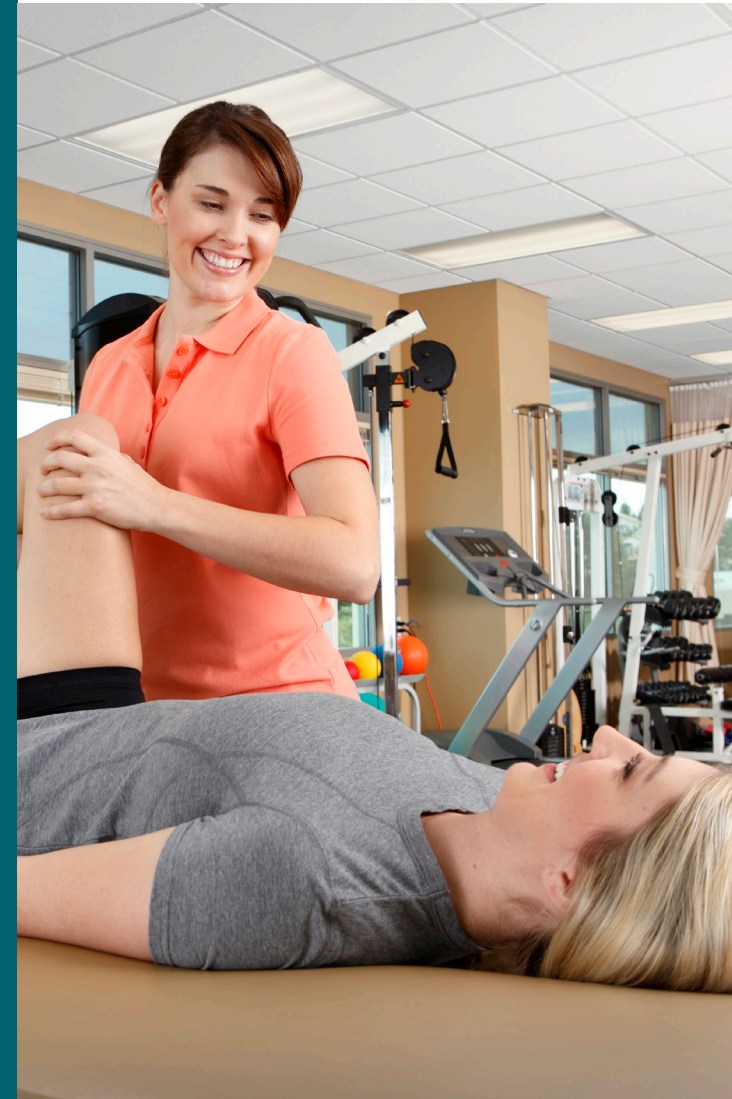
Cedar Square Shopping Center
2087 Route 9, Unit 24, Seaville



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PELVIC FLOOR REHABILITATION



For a Healthier Life.

DISCOVER PELVIC HEALTH - PELVIC FLOOR REHABILITATION

We understand that pelvic floor issues can greatly affect quality of life. Weak or damaged pelvic floor muscles often contribute to incontinence or pelvic pain due to childbirth, illness, aging, or surgery.

Pelvic pain as well as bladder or bowel control problems may improve with Physical Therapy as we help you to strengthen and retain the pelvic floor muscles to improve pelvic floor dysfunction and pelvic pain syndromes before and after surgery.

We encourage you to talk with your Doctor about Cape Regional Pelvic Floor Health program if you are experiencing any of the following symptoms:

- Urinary leakage, urgency, frequency or incontinence
- Inability to completely empty bladder
- Chronic pelvic pain or pelvic floor burning and irritation
- Frequent urinary tract infections
- Pelvic pressure or “heaviness”
- Constipation or hemorrhoids
- Erectile dysfunction

- Painful intercourse
- Pain with using feminine hygiene products or during gynecological exams
- Hernias or separation of the abdominal muscles
- Pre and post partum related issues
- Coccyx pain or disorders
- Difficulties pre and post partum

Pelvic Floor Physical Therapy Treatment and Diagnostic procedures may include:

- Manual therapy for both bone alignment and soft tissue dysfunction (this can include an internal exam)
- Pelvic floor and core muscle strengthening exercises
- Relaxation and stress reduction techniques that can include biofeedback
- Postural correction and education with functional training
- Electrical stimulation
- Bladder diary with dietary suggestions specific for pelvic floor health
- Education on your symptoms with effective treatment techniques to implement on your own

What to expect at your first Pelvic Floor Physical Therapy visit:

Your therapist will spend a length of time getting a history of your specific symptoms that you are experiencing to help better understand the nature of any pelvic floor dysfunction you may have.

Please wear comfortable clothes that you can move in, as we will assess range of motion, strength and perform a postural assessment especially of your hip, sacrum, and legs.

An internal exam will be incorporated into assessing your pelvic floor musculature.

Our Pelvic Floor Rehabilitation Center is open Monday through Friday from 7:00 am to 6:00 pm.

For more information or to schedule an appointment with Pelvic Floor Rehabilitation call 609.463.2629.