

Private topics are our specialty.

Many women's health issues have their origins in pelvic floor muscles. When these muscles become weak or carry excess tension, they produce a variety of uncomfortable and even painful symptoms. We understand that talking about these symptoms can be embarrassing.

At West Portland Physical Therapy Clinic, our physical therapists are specially trained to assist with conditions specific to women.

Our practice begins with you.

Understanding what's going on with your pelvic floor muscles is the first step to take on the path to healing. We begin with a physical examination to determine the source of your pain followed by a plan toward recovery. Sometimes even a single visit will result in improvement. Our physical therapists are trained to recognize the unique physiology and dysfunctions specific to women so we can give you the support and treatment you need to manage your long-term physical well being.



Where health and healing come together for you.

We hope you begin to notice an improvement in your condition after your first visit.

A calm, comfortable atmosphere is the most conducive to effective treatment. You'll find it here.

Your activities and your passion are at the core of our focus on treatment.

Our therapists have expertise and experience in a wide range of activities, so we understand where you're coming from and where you want to go.

Long-term success begins with a focus on a home program. We understand what you need to progress rapidly.



West Portland
Physical Therapy
Clinic LLC

1630 SW Morrison Street | Portland, OR 97205
T (503) 227-7774 | F (503) 227-7548 | wpptc.com

Women's Health

West Portland Physical Therapy Clinic LLC



Addressing pelvic floor muscles can improve a variety of women's health issues.



Pelvic Pain

Evaluating and treating your pelvic pain is our first priority in helping you return to full health. You may be experiencing many different types of pain related to the pelvic floor muscles. Diagnoses from your doctor can include dyspareunia, vaginismus, vestibulitis, vulvodynia, coccydynia, levator ani syndrome, round ligament pain, and piriformis syndrome.

Lower Abdominal Pain

Chronic lower abdominal and myofascial pain, not resulting from cysts or fibroids, may actually be referred from pelvic floor muscles. These diagnoses often respond quickly to pelvic floor treatment. Past abdominal surgeries such as hysterectomies, cesareans, and hernia repairs may also cause pain due to adhesions. We can reduce your abdominal pain from these adhesions with appropriate soft tissue and scar mobilization.

Urinary Dysfunction

Urinary problems can include increased frequency, urgency, and incontinence. Emptying your bladder more than 6-8 times in a 24 hour period is considered excessive. We can often help you manage your symptoms in just a few weeks with treatment targeted specifically to address your concerns.

Pelvic Prolapse

A mild pelvic prolapse is when a structure such as the bladder, urethra, uterus, or rectum falls out of the normal position. Non-surgical management of a grade I or II prolapse involves identifying the structure at fault, determining correct postural alignment, and performing appropriate exercises of the pelvic floor muscles.

Post Mastectomy Rehab

You may be experiencing soft tissue and joint limitations following a mastectomy. Our physical therapists are trained in orthopedic manual therapy techniques to address neck, shoulder, ribs, and spine to help you regain full range of motion, reduce lymph drainage, and recover your strength.

How We Treat

We believe that successful treatment is the result of consistency in care. Our model is designed to foster this concept and is, frankly, unique in Portland. Typically, you will work with the same physical therapist throughout your rehabilitation. This partnership will help you achieve your goals, ensuring your progress is closely monitored and quickly address any issues or concerns to keep your recovery on track.