

## Melissa Long, PT, DPT, CAPP-Pelvic Certified

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 earned her CAPP-Pelvic certification through the



APTA Women's Health Section in 2019. With her knowledge and passion for exercise and manual therapy, Melissa hopes to be a resource for pelvic floor education by providing a safe, nurturing environment to work in conjunction with you to achieve your specific goals for rehabilitation. She is a mother and runner herself and has a strong interest in working with athletes as well as pre- and postpartum patients.

## Emily Sorochynskyj, PT, DPT

Emily earned her Doctorate in Physical Therapy from Stockton University in 2020. She is currently pursuing her Pelvic Rehabilitation Practitioners Certification through the Herman and Wallace Pelvic Rehabilitation Institute to continue to expand her knowledge and technical skills bringing you a treatment plan



comprised of the most up-to-date best practices. As a former collegiate athlete and avid yogi, she understands the importance of balancing life while honoring your body's needs. Emily prides herself in creating an environment which fosters a holistic, patient centered, safe environment for healing. She values your personal goals and honors your comfort zone; Emily will work with you to craft an individualized plan of care which best addresses your therapeutic needs. Emily has a strong interest in providing care for both men and women experiencing pelvic pain as well as fecal and urinary incontinence.

**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  
215 N. Main Street, 1<sup>st</sup> Floor

**North Cape May**  
Cape Regional Medical Plaza  
3816 Bayshore Road

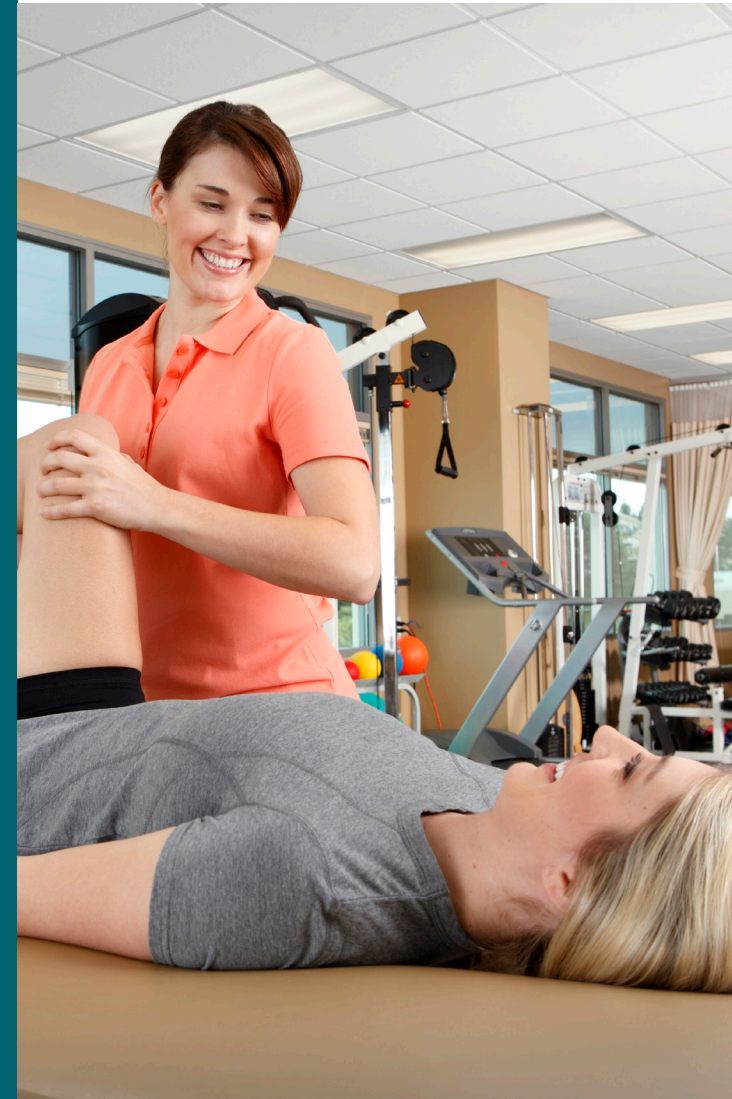
**Seaville**  
Cape Regional Medical Office Building  
Cedar Square Shopping Center  
2087 Route 9



For a Healthier Life.  
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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.