Lake Centre for Rehab (LCR) is a leader in providing individualized physical, occupational, and speech therapy services with locations in The Villages, Leesburg, and Mt. Dora, FL. Family owned since 1978, our mission is simple — Returning you to a healthy, active lifestyle! LCR is a Medicare-certified Rehab agency and also accepts most insurances, workers’ compensation, and private pay.

Program Locations
Spanish Plaines (Next to Sharon Morse Building)  
(352) 753-6999  
1400 US Hwy. 441 North, Suite 830, The Villages, FL 32159

Lake Sumter Landing (Next to Winn Dixie)  
(352) 259-6750  
910 Old Camp Road, Bldg. 100, The Villages, FL 32162

Meet the Pelvic Floor Team

Tracey Goldstein-Marquez, Physical Therapist,  
for over 19 years earning her Bachelor's in 1999 and her Master's in 2003. Pelvic Floor specialist since 2013.

Donna Rodriguez Goldstein, Physical Therapist,  
for over 40 years earning her Bachelor's in 1972. Pelvic Floor specialist since 2013. A member of APTA (Women's Section) for 20 years.

Filamae Garnica, Physical Therapist,  
for 19 years earning her degree in 2000. Pelvic Floor specialist since 2015.

Lori Yoder, Physical Therapist Assistant,  
earned her Associates in 1996. Pelvic Floor specialist for over 16 years.

Getting Started
1. Talk to your doctor about your symptoms
2. Ask your physician's office if they can fax an order for Pelvic Floor P.T. to our scheduling department at (866)882-3929
3. Contact us to schedule an appointment
4. Medicare and other insurances accepted.

Have More Questions?  
Call Us!
“I didn’t know there was Physical Therapy for that!”

This is a common statement we hear from our patients. If you are unfamiliar with Pelvic Floor Physical Therapy, you are not alone. However, urologists, gynecologists, and family physicians increasingly see P.T. as a reliable and valid treatment option for pelvic floor disorders.

Many bowel, bladder, and pelvic pain conditions are due to poorly functioning muscles. Weakness and relaxation can lead to incontinence and pelvic organ prolapse. Abnormal muscle tension, muscle spasms, adhesions, and tight scar tissue can cause pelvic pain syndromes.

Research points to pelvic floor therapy’s high success rate, all without drugs or surgery. A study in the Journal of the American Medical Association*, found that pelvic floor therapies reduced urinary incontinence better than bladder medications. Patients also significantly preferred P.T. over pills.

* Reference List available upon request

**Conditions We Treat**

**Bladder Conditions**
- Stress Incontinence
- Urge Incontinence
- Mixed Incontinence
- Overactive Bladder
- Urgency/Frequency
- Nighttime Frequency
- Incomplete Bladder Emptying
- Painful Bladder Syndrome
- Interstitial Cystitis
- Painful Urination
- Leakage after Prostate Surgery

**Bowel Disorders**
- Fecal Incontinence
- Constipation
- Puborectalis Dyssynergia
- Post-colorectal Surgery
- Painful Bowel Movements

**Pelvic Organ Prolapse**
- Cystocele, Rectocele
- Uterine Prolapse
- Pain following Prolapse Surgery
- Prevention of Future Surgery

**Pelvic Floor Tension Myalgia**
- Sacroiliac and Coccyx Pain
- Levator Ani Syndrome
- Chronic Pelvic Pain
- Abdominal Adhesions
- Pain During or After Sex
- Pudendal Neuralgia
- Endometriosis
- Vulvodynia
- Vaginismus
- Prostatitis

Our Pelvic Floor Team are experts in modifying traditional therapy techniques that will make you feel comfortable. Your therapy will be in a private treatment room. Most patients need treatments 2 times a week for 6-8 weeks. Pelvic Floor Physical Therapy is covered by Medicare and most insurances.

**Education:** Factors such as diet, fluid intake, stress, or poor bowel and bladder habits can worsen your symptoms. We will teach you lifetime strategies to help you manage these issues effectively.

**Electrical Stimulation:** The gentle electric pulse technology can help strengthen the pelvic floor, re-educate muscles, reduce bladder spasms, and ease pelvic pain.

**Biofeedback Training:** Treatment using surface EMG will teach you how to correctly contract and strengthen the pelvic floor muscles. You will be able to see your muscle activity on a computer screen.

**Manual Therapy:** Myofascial/trigger point release, connective tissue mobilization and internal pelvic muscle massage will help reduce muscle pain, release scar tissue and adhesions, and re-align the pelvis.

**Exercises:** A customized exercise program will address your specific functional limitations by improving strength, endurance, coordination of weakened muscles, and improve flexibility of tight muscles.

**The Pelvic Floor**

The pelvic floor muscles, shown in red, form a sling from the pubic bone to the tailbone. They help support the bladder, uterus, prostate and rectum. They also give us voluntary control over urinary and bowel function.