Nearly one-quarter of women in the United States experience one or more pelvic dysfunctions. These conditions can occur due to injury, pregnancy, or from weakness of the pelvic muscles over time.

For patients who experience these issues, physical therapy may help them avoid surgical options, alleviate uncomfortable and embarrassing symptoms, and vastly improve their quality of life.

Physical therapies can successfully treat the following pelvic floor dysfunctions:

- High urge and frequency of urination
- Constipation
- Pelvic organ prolapse
- Pain of the back, hips, and pelvis during or after pregnancy
- Pelvic pain occurring with activities such as sitting and intercourse

Pelvic floor therapies can provide long-lasting relief by strengthening the core and devising treatment plans to serve each patient’s individual needs.

Call 863-607-3739 to schedule an appointment.
Licensed physical therapist Ashley Murray, PT, DPT is specially trained in delivering highly effective therapies for patients experiencing pelvic floor dysfunction.

Ashley Murray, DPT is currently available for patient appointments from the Physical Therapy & Sports Medicine department at Watson Clinic Highlands in south Lakeland.

Ashley Murray, PT, DPT

Education

• Florida Southern College, Lakeland, FL, BS, Biology
• University of South Florida, Tampa, FL, Doctorate of Physical Therapy

Professional Activities & Memberships

• Licensed Physical Therapist