

Beyond Physical Therapy Highlights the Growing Importance of Pelvic Health Care in Orland Park

National research points to growing demand for pelvic health physical therapy as Beyond Physical Therapy highlights the importance of awareness and access in Orland Park.



access to specialized pelvic health physical therapy remains an important issue for patients seeking help with conditions that can affect daily function and quality of life. This is part of a broader national conversation about pelvic health, informed by recent research and reporting from the American Physical Therapy Association.

The American Physical Therapy Association released its [State of Pelvic Health Physical Therapy](#) report in June 2026 and identified growing demand for pelvic health physical therapy among people with conditions affecting function, quality of life, and overall health across the lifespan. The report also identified several barriers to timely care, including provider capacity, geographic distribution, referral pathways, reimbursement variability, and administrative burden.

New research also highlights practical barriers that some patients encounter when trying to access pelvic floor physical therapy. A 2026 study used a ["secret shopper"](#) methodology to contact 200 pelvic floor physical therapy offices across eight states. Researchers found that 70% of the offices accepted commercial insurance and 47% accepted Medicaid. The study also found a longer average reported wait time for Medicaid patients, at 4.6 weeks compared with 3.1 weeks for non-Medicaid offices.

Access is not only a question of appointment availability or insurance. Patients also need enough information to recognize that pelvic floor symptoms deserve attention. A [qualitative study](#) involving 15 women with experience of pelvic floor dysfunction found three recurring themes around access to pelvic health physiotherapy: limited guidance about pelvic floor conditions and available services, neglect or trivialization of symptoms, and the need for access to quality pelvic health care.

Beyond Physical Therapy provides [pelvic floor therapy](#) as one of its core specialties in Orland Park, alongside its broader focus on patient-centered rehabilitation. The clinic's pelvic health program addresses bladder and bowel concerns, pelvic pain, pain with intercourse, pregnancy and postpartum recovery, pelvic organ prolapse, perimenopause and post-menopause care, endometriosis, diastasis recti, and other pelvic health conditions. BPT says its pelvic floor evaluations are private and one-on-one, with the therapist reviewing the patient's medical history, symptoms, and goals before developing an individualized treatment plan.

BPT also emphasizes that pelvic floor dysfunction does not always involve muscle weakness. Its clinical information explains that pelvic floor muscles can be weak, strained, strong, stiff, or tight, and that treatment may involve exercises, stretches, manual therapy, biofeedback, and other approaches depending on the person's needs.

For patients, recognizing a pelvic health concern can be an important first step. Urinary leakage, urgency, painful urination, bowel difficulties, pelvic pain, pain during intercourse, and symptoms related to pregnancy, postpartum recovery, menopause, or other conditions can affect daily life in different ways. Persistent or disruptive symptoms deserve appropriate medical attention rather than being automatically dismissed as a normal part of aging or life changes.

Beyond Physical Therapy is part of the growing pelvic health conversation in Orland Park as national professional organizations and researchers continue to examine demand, access, awareness, and the need for specialized care. As that conversation develops, better information can help patients understand their symptoms and learn what care options are available.

About Beyond Physical Therapy

Beyond Physical Therapy is a private, patient-centered physical therapy and wellness clinic in Orland

Park, Illinois. The clinic specializes in pelvic health, chronic pain and illness, neuromuscular rehabilitation, and orthopedic rehabilitation. BPT provides private, one-on-one care with a focus on individualized treatment, patient education, and improved function. More information is available at [Beyond Physical Therapy](#).

Media Contact

Beyond Physical Therapy

*****@bpthealth.com

708-966-2945

10730 W 143rd St Suite 31, Orland Park, IL

<https://www.bpthealth.com/>

Source : Beyond Physical Therapy

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