

Pelvic Floor Physical Therapy Guide

- ▽ *These resources were recommended by trans and gender diverse patients and gender affirming medical providers.*
- ▽ *Please let us know about your experience or if you have a new provider you would like us to add to the list.*
- ▽ *Providers and information are subject to change, please call to confirm that your insurance is accepted.*

Philadelphia Area

Good Shepard Penn Partners Penn Therapy & Fitness LGBTQ Pelvic Health Program

Phone: 877-969-7342

<https://pennrehab.org/services-and-programs/outpatient-rehabilitation/lgbtq-pelvic-health-program/>

- ▽ Multiple locations in in the Philadelphia area
- ▽ Accepts PA Medicaid plans (Please call to verify that your Medicaid plan is accepted)

Moss Rehab Tabor Road

Phone: 215-456-9800

[MossRehab Tabor Road - MossRehab](#)

- ▽ Request Naomi Goodman or Sabura Shiffrin for your physical therapist
- ▽ Accepts PA Medicaid plans (UPMC Medicaid included)

Ivy Rehab Physical Therapy

Phone: 267-281-5253

[Physical Therapy in Havertown - Drexel Hill, PA | Ivy Rehab](#)

Strive Physical Therapy

Phone: 800-903-4142

https://strivephysicaltherapy.com/about/our-team/?_search=Julia%20Kajen#gallery

- ▽ Request Julia Kajen for your physical therapist
- ▽ Accepts most commercial insurances, please call to verify your insurance is accepted
- ▽ Does not accept Medicaid

Jefferson Health Physical Therapy

Phone: 1-800-JEFF-NOW (1-800-533-3669)

<https://www.jeffersonhealth.org/clinical-specialties/physical-therapy>

- ▽ Request Pia Leone or Nikki Dugan for your physical therapist
- ▽ Accepts PA Medicaid Plan Keystone First

Pelvio Physical Therapy

Phone: 267-570-3603

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

- ▽ Request Jenna Marie Lewis for your physical therapist
- ▽ Home-based
- ▽ Cash payments only
- ▽ Out of network/Will help with submitting for reimbursement through your insurance
- ▽ Does not accept Medicaid or Medicare

Origin

<https://www.theoriginway.com/about/dr-alexandra-bertucci-pt-dpt>

- ▽ Request Alex Bertucci for your physical therapist

- ▽ Accepts some insurance plans <https://www.theoriginway.com/help-articles/billing-and-insurance-faqs>
- ▽ Does not accept Medicaid

UPMC LGBTQ+ Pelvic Health Program Pre & Post-Surgical Support

<https://www.upmc.com/patients-visitors/patient-info/resources-lgbtq-patients-caregivers>

Lehigh Valley Area

Pelvic Floor Lehigh Valley, St. Lukes

- ▽ Request Melinda Steimling for your physical therapist
- ▽ Email: Melinda [Steimling@sluhn.org](mailto:MelindaSteimling@sluhn.org)
- ▽ Fax: 484-822-5525 (Rx Order)

Pittsburgh Area

UPMC Centers for Rehab Services, Squirrel Hill

2345 Murray Ave. Suite #300 Pittsburgh, Pennsylvania 15217

Phone: 412-422-4775

<https://pelvicrehab.com/practitioner/noa-s-goodman-pt-dpt/>

- ▽ Request Noa Goodman for your physical therapist
- ▽ Accepts PA Medicaid Plans (UPMC for you)

York and Lancaster Counties

Drayer Physical Therapy

Phone: 717-220-2020

Cell: 724-422-7432

- ▽ Request Ashlie Crewe for your physical therapist
- ▽ Physical Therapist, Board Certified Clinical Specialist in Pelvic Health PT
- ▽ acrewe@drayerpt.com

Select Physical Therapy

- ▽ Colleen Hickey MHA, MS, PT
- ▽ Cell Phone: 717.580.2112
- ▽ Direct E-Fax: 717.980.2691 Phone 717.790.5404 Fax 717.790.5406
- ▽ colleen.hickey@selectphysicaltherapy.com

Delaware State

Balanced Life Physical Therapy LLC

- ▽ Holly Chapin Hetzler PT, MPT, PRPC
- ▽ Phone: (302)647-9206
- ▽ Fax: (302)397-2424
- ▽ holly@balancedlife-pt.com

Directory: <https://pelvicrehab.com/>

[Pelvicrehab.com](https://pelvicrehab.com/) is a directory for patients searching for pelvic rehabilitation practitioners. [Herman & Wallace | Pelvic Rehabilitation Institute](#), created this site so that patients can easily search the thousands of clinicians that they train to find the provider that best meets their needs.

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