

## Non-surgical treatments:

### Physical therapy

Our physical therapy team consists of 6 dedicated physical therapists who specialize in not only pelvic muscle strengthening, but balance of the pelvic muscles to relieve stress, strain, and pain from pelvic floor disorders. Learn more about physical therapy at:

[voicesforpfd.org/about/physical-therapy/](https://www.voicesforpfd.org/about/physical-therapy/)

### Pessary Care

Our team of expert midwives, nurse practitioners, and physician assistants fit and care for a variety of pessaries in all our clinics. We have the largest pessary practice in the state and have performed ground-breaking research in pessary use and care. Read about pessaries for pelvic organ prolapse at:

<https://www.voicesforpfd.org/about/pessaries/>

## Surgical treatments:

### Vaginal surgery

Our team offers sacrospinous ligament fixation, uterosacral ligament suspension, and Manchester procedures for women who want to stay using the vagina for sexual intercourse in the future and avoid having abdominal or laparoscopic surgery. We are the only team in the state that offers all of the vaginal reconstructive surgery types. We perform these surgeries with or without removal of the uterus, depending on the preference of the patient. Read more about these surgeries: [voicesforpfd.org/pelvic-organ-prolapse/surgery/](https://www.voicesforpfd.org/pelvic-organ-prolapse/surgery/)

### Colpocleisis

Some women do not want to use their vagina for sexual activity in the future and want a quick, safe, and effective procedure that cures their prolapse. We offer colpocleisis, both with and without hysterectomy (uterine removal) at the same time, for women who choose this. Read more about this surgery at: [voicesforpfd.org/assets/2/6/Colpocleisis.pdf](https://www.voicesforpfd.org/assets/2/6/Colpocleisis.pdf)

### Laparoscopic or robotic mesh surgery (sacrocolpopexy)

For women who want to use the vagina for sex in the future and have surgery with less chance of prolapse returning, we offer both robotic-assisted and laparoscopic surgery for women. We are the highest-volume practice in the state for sacrocolpopexy, and the only location that offers both robotic and non-robotic approaches. We perform these surgeries with or without removal of the uterus, depending on the preference of the patient. Read more about sacrocolpopexy at:

[voicesforpfd.org/assets/2/6/Sacrocolpopexy.pdf](https://www.voicesforpfd.org/assets/2/6/Sacrocolpopexy.pdf)

### Uterine preservation

We are one of the rare sites in the country that regularly offers and performs surgeries for women with prolapse who want to preserve their uterus at the time of surgery, rather than have a hysterectomy. These surgeries are still highly effective and decrease operative risk and time for patients who want them and qualify to keep their uterus. Read more about these types of surgery at:

[yourpelvicfloor.org/media/uterine-preservation-RV1.pdf](https://www.yourpelvicfloor.org/media/uterine-preservation-RV1.pdf)

### Research Studies:

**POMEGRANATE Trial:** We hope to soon serve as a site for a novel type of pessary, which is more flexible and easy to use than typical pessaries worn in the vagina for prolapse. Contact the research team at (505) 967-8428 to sign up for more information when it becomes available.

**VUterus Survey Study:** We are recruiting women with prolapse or other non-cancerous problems in the pelvis to take a survey about how they think about their uterus when getting treatments for this. Some women care a lot about their uterus, some want it removed, and others do not care much. Contact the research team at (505) 967-8428 to learn more.

**PCORI Bulking versus Sling at Time of Prolapse Surgery:** We hope to soon serve as a site for a national study investigating how women like two different types of surgery for leakage with cough/laugh/sneeze. (stress incontinence) at the time of vaginal prolapse surgery: either bulking or sling. Contact the research team at (505) 967-8428 to learn more.