

Julie D. Tanaka, PT
Pelvic Muscle Rehabilitation

Letter of Medical Specialty

Julie Tanaka, PT is a board certified Physical therapist specializing in Pelvic Muscle Rehabilitation. She has been practicing in this area of expertise since 1999. Her expertise has been gained through continuing education and mentoring with the Women's Section of the American Physical Therapy Association, The Prometheus Group, Elizabeth Nobel, USC Colorectal Center, Hollister Medical Company, The Pelvic Pain Center of San Francisco and the International Pelvic Pain Society.

Julie Tanaka specializes in the treatment of:

Urinary and fecal incontinence (urgency and frequency) in men, women, and children: utilizing education in the anatomy and function of the pelvic floor, dietary affects on the bladder, biofeedback and electrical stimulation.

Pelvic pain: utilizing manual therapy techniques (including intravaginal and intrarectal release work), therapeutic exercise, pelvic girdle alignment, biofeedback, visceral release, and somatic breath work.

Pre and post partum pain and dysfunction: including episiotomy pain, incontinence, numbness/weakness syndrome of the levator ani, pubic symphysis pain and painful intercourse.

Diagnosis treated include:

Pelvic pain from: endometriosis, interstitial cystitis, proctitis, pudendal nerve entrapment, irritable bowel syndrome, menopausal changes, coccydynia, vulvodynia, pre and post partum pain and instability and trauma.

This area of expertise is unique and requires specific training. Certification as a specialty is pending with the APTA. There are currently no physical therapy providers within a 90 mile radius of Monterey Bay Area providing this service.

For further information please call Julie Tanaka at Therapy for Life, 831-238-2357.

Julie D Tanaka, PT

MD