

# THE UROLOGY GROUP

www.urologygroupvirginia.com

Walter O'Brien, Kevin O'Connor, Nicholas Lailas,  
Gregory Schenk, Jennifer Young, Chuck Pruna, Christopher Starks  
Julie Spencer, Kristin Tamburro, Kathleen Cage, Mari Parker

---

1860 Town Center Drive • Suite 150 • Reston, VA 20190 • 703-480-0220  
19415 Deerfield Avenue • Suite 112 • Leesburg, VA 20176 • 703-724-1195  
224-D Cornwall Street, NW • Suite 400 • Leesburg, VA 20176 • 703-443-6733

---

## PELVIC FLOOR THERAPY FOR MEN

### **JENNIFER CHUMS PT**

Specializes in men and women's pelvic health

www.ITRehab.com

2nd Story of Grey Medical  
4910 Mooreland Lane  
Bethesda, MD 20184  
Phone: (301) 770-7060  
Email: info@itrehab.com

### **CENTREVILLE PHYSICAL THERAPY**

Specializes in pelvic pain in men and women Call regarding insurance.

(Accepting BCBS only)

www.cptva.com

14631 Lee Hwy, Suite 310  
Centerville, VA 20121  
Phone: (703) 222-5903  
Email: info@cptva.com

### **INOVA ALEXANDRIA HOSPITAL**

4320 Seminary Road  
Alexandria, VA 22304  
Phone: (703) 504-3541  
Email: srilekha.palle@inova.org

### **BODY CONNECT PHYSICAL THERAPY**

**Ann Udofia DPT,**  
**Marisa Alonso MS PT**

Physical therapy including  
Myofascial Release

www.bodyconnectpt.com

2440 M Street NW, Suite 318  
(between N 24th St & N 25th St)  
Washington, DC 20037  
Phone: (202) 733-1929  
Email: ann@bodyconnectpt.com

### **TAYO TOTAL HEALTH**

Health and wellness services,  
including Myofascial Release

Tavototalhealth.com

4701 Willard Ave #1603

Chevy Chase, MD Phone:  
(301) 652-2522

Email: info@tavohealth.com

### **\* JULIE SPENCER DNP, FNP-BC, CUNP**

Specializes in pelvic floor therapy  
for incontinence in males and  
females, pelvic pain in women only  
www.virginiapelvicare.com

The Urology Group

19415 Deerfield Avenue, Suite 112  
Leesburg, VA 20176  
Phone: (703) 724-1195

**Insurance**

- \* Indicates "In network providers" and will accept most insurance.
- All other providers are "Out of network providers" and insurance claims must be submitted by the patient.
- If you are a Medicare patient, please check with the therapist's for coverage information.

**What to bring the day of your appointment?**

- Some providers require referrals. If one is needed and you have not already received one, please let us know and a referral can be faxed or mailed to the appropriate place.
- Bring the copy of your last Urology office visit and "Fluid Diary". This information will be helpful to plan your therapy.