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Kyle Lester, DO  
Amanda Smart, MD

Julie Spencer, FNP-BC  
Mari Parker, FNP-C  
Jennifer Mendrysa, FNP-C  
Brendan Lindsay, FNP-C  
Lisset Jarquin, PA-C

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## Pelvic Floor Physical Therapy Referral Form

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

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### Bladder:

- Constipation
- Bladder retraining/frequency
- Urgency
- Mixed incontinence
- Stress incontinence
- Urge incontinence
- Post-prostatectomy Stress incontinence
- Interstitial cystitis
- Overactive Bladder
- Incomplete emptying**
- Recurrent UTIs**

### Musculoskeletal Dysfunction:

- Pelvic pain
- Groin pain
- Coccyx disorder
- Back pain
- Sacroiliac dysfunction
- Pudendal neuralgia
- Levator ani syndrome
- Diastasis recti

### Pelvic Floor:

- Pelvic organ prolapse
- Pelvic floor dysfunction/weakness
- Pre/post bladder suspension
- Testicular pain/orchialgia**

### OB/GYN:

- Vulvodynia
- Dyspareunia
- Pre/post-partum
- Post-hysterectomy

### Treatment:

- Evaluate & treat
- Kegel exercises
- PT/OT
- Electrical stimulation
- Biofeedback

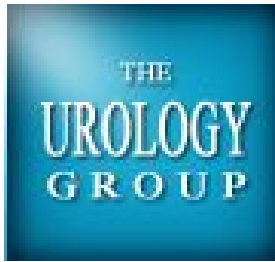
**Weekly x 6weeks or PRN**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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Lansdowne 19415 Deerfield Ave, Suite 112, Leesburg, VA 20176 | T 703 724 1195 F 703 724 4495  
Cornwall 224D Cornwall Street, NW, Suite 400, Leesburg, VA 20176 | T 703 443 6733 F 703 443 6744  
Reston 1860 Town Center Drive, Suite 150/160, Reston, VA 20190 | T 703 480 0220 F 703 480 0280  
Stone Springs 24430 Stone Springs Boulevard, Suite 545, Dulles, VA 20166 | T 703 957 1022

[www.urologygroupvirginia.com](http://www.urologygroupvirginia.com)



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## **Pelvic Floor Physical Therapy Referral List**

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### **Jackson Clinic Physical Therapy**

150 Elden Street, Ste 240, Herndon  
703-689-3737

- Hongying “Holly” Chen, PT

2960 Chain Bridge Rd, Ste 201, Oakton-  
703-242-6460

6564 Loisdale Ct, Ste 155, Springfield  
703-822-0039

### **Virginia Hospital Center (sees men)**

1625 N. George Mason Dr., Arlington  
703-558-6507

- Julie James, PT
- Lisa Owens, PT
- Vaishali Sikotra, PT

### **Phoenix Physical Therapy**

416 Elden Street, Herndon  
703-817-2914

- McKenna Lupold, DPT

### **Fairfax Hospital**

3300 Gallows Road, Falls Church  
703-776-4199

### **Bodies In Motion**

80 E. Jefferson St, Ste 200, Falls Church  
703-237-2000

- Sara Black

Fairfax Location  
703-896-9999

- Christine Chappel, PT, MSPT
- Erica Demson, PT, DPT

### **Core Health Physical Therapy**

20098 Ashbrook Pl #190, Ashburn  
571-510-5968

Corehealthpt.com

- Sandy Guilliano, PT
- Jennifer Small, DPT

### **Pivot Physical Therapy (sees men)**

43330 Junction Plaza #122, Ashburn  
703- 972-1040

- Kimberly Marmol, PT

### **Personal Physical Therapy Services**

480 W. Jubal Early Dr, Winchester  
540- 450-0680

- Sophie Geissler, PT

### **BenchMark Physical Therapy**

14370 Lee Hwy, #104, Gainesville

703-754-4450

- Michelle Beamer, PT

1808 Plaza Dr, Winchester

540-665-2750

- Sherri Sue Barber, PT

### **Infinity Performance Physical Therapy**

19775 Belmont Executive Plaza, Ste 125,  
Ashburn

571-498-7752

- Kimberly Dixon, PT

### **Ortho Pelvic Physical Therapy**

46169 Westlake Dr, Suite 120, Sterling

- 703-962-6802

- Jennifer Thibodeau, MPT

### **ITR Physical Therapy (sees men)**

4905 Del Ray Ave, Suite 302, Bethesda, MD

1305 Vincent Place, McLean, VA

(301) 770-7060

- Lauren Starace, PT, MSPT

### **Inova Physical Therapy**

22505 Landmark Court, Ste 215, Ashburn

703- 726-1616

### **Loudoun Physical Therapy &**

### **Occupational Therapy (Pelvic pain & sees men)**

525-B East Market St, Leesburg

703-443-6702

44125 Woodridge Pkwy, Ste 280,

Lansdowne

703-858-9884