

Temple Gender Affirming Surgery Program

Pelvic Floor Physical Therapy Guide

- Resources 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.
- PFPT is required for vaginoplasty full depth and shallow depth, meta and phalloplasty procedures.
- Providers and information are subject to change, please call to confirm that your insurance is accepted.
- Please schedule your **preoperative PFPT assessment at least six weeks** prior to your date of surgery.
- Please schedule a **return appointment within 2-3 weeks after surgery for post-op support**.
- If you are planning for vaginoplasty full depth; Return PFPT appointment must be after your first post-op appointment where you will learn about dilation. Your Temple post-op visit will be within one week following discharge from the hospital.
- **Please schedule your PFPT post-op appointment once your date of surgery is confirmed.**
- If you are staying locally and live more than an hour drive from the hospital, please schedule with your local PFPT for pre-operative assessment as well as a Philadelphia area based PFPT for post-operative until you return home and can continue seeing your local PFPT.
- PFPT requires a prescription (Rx) from your surgeon. Check that you receive this before leaving the office after your consultations. If you did not receive a Rx, please contact the office with the fax number of the facility you are scheduled with, and we will fax the Rx. Please allow 3-5 days for Rx to be faxed.
- Please contact us via My Temple Health or phone: 215-707-8427 if you are having issues with scheduling.
- **PFPT is a *required* aspect of surgery planning and recovery, so please plan ahead!**

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: Please call to verify that your Medicaid plan is accepted

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

Philadelphia Area *contiuned*

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 Plans: Please call to verify that your Medicaid plan is accepted

Pelvio Physical Therapy | Phone: 267-570-3603

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

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

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: MelindaSteimling@sluhn.org;

Fax: 484-822-5525 (Rx Order)

Pittsburgh Area

UPMC Centers for Rehab Services, Squirrel Hill | Phone: 412-422-4775

2345 Murray Ave. Suite #300 Pittsburgh, Pennsylvania 15217

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

- Request Noa Goodman for your physical therapist
- Accepts PA Medicaid Plans (Please call to verify that your Medicaid plan is accepted)

York and Lancaster Counties

Drayer Physical Therapy | Phone: 717-220-2020

Request Ashlie Crewe for your physical therapist;
Cell: 724-422-7432; Email: acrewed@drayerpt.com

Select Physical Therapy | Phone: 717-790-5404

- Colleen Hickey MHA, MS, PT;
Email: colleen.hickey@selectphysicaltherapy.com
- Cell Phone: 717-580-2112; Direct E-Fax: 717-980-2691;
Fax: 717-790-5406

Delaware State

Balanced Life Physical Therapy LLC

Phone: 302-647-9206

- Holly Chapin Hetzler PT, MPT, PRPC
- Fax: 302-397-2424; Email: holly@balancedlife-pt.com

Directory

<https://pelvicrehab.com/>

- 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.

