

THERAPY FIT NEWSLETTER

MAY 2023



HOW PHYSICAL THERAPY HELPS PELVIC HEALTH

Are you experiencing pain in your intimate areas? Have you struggled with incontinence? For some, it can be challenging to talk about these types of struggles. At Therapy Fit, we are musculoskeletal experts and work with people experiencing difficulties in all body regions.

Our highly trained team uses the most advanced strategies to help alleviate the pain and restore normal function of the bowel and urinary systems. We also help people experiencing pain during sex and experiencing dysfunction in sexual performance.

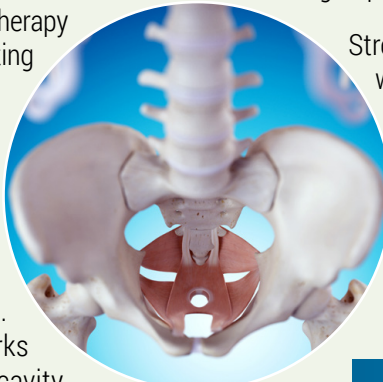
Everyone has a pelvic floor, and learning how to resolve issues can significantly impact your overall well-being. At Therapy Fit, our team works with all types of problems affecting the pelvic region regardless of gender identity.

Request an appointment with one of our specialists so we can help you find relief!

What Is The Pelvic Floor?

The pelvic floor is a term used to describe the region located in the bottom aspect of the pelvis. The pelvic floor is a complex system that works with the structures and systems in the pelvic cavity and the body.

The pelvic floor is supported by several muscles that also provide several essential functions, including supporting the organs found in the pelvis, bladder and bowel control, and sexual function. Impairments in muscle function can lead to pain and dysfunction.



The ability to contract the pelvic floor correctly can be affected by several factors, including:

- Weakened bladder muscles resulting from pregnancy, childbirth, obesity, and aging
- Physical damage to your pelvic floor muscles from childbirth or surgery
- Enlarged prostate
- Types of cancer
- Certain medications
- Trauma (physical, psychological/emotional)
- Damage to the nerves from health problems like diabetes and multiple sclerosis

Strong pelvic floor muscles are essential with activities where an extra force is added to the abdomen and pelvic floor (i.e., coughing, laughing, sneezing, and lifting). When these muscles are weak or not working as they should, pelvic floor dysfunction may occur. Fortunately, our physical therapists know how to identify the factors contributing to your problems and, more importantly, how to resolve them!

Continued inside...

ARE YOU IN PAIN?
Call Today to Schedule Your Appointment
(972) 587-9404

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What Are The Most Common Issues People Face?

The pelvic floor muscles are needed for sexual function, urination, and defecation. Impairments are often ignored early on due to the difficulties of talking about this region of our body. We understand people's difficulties, but it is important to note that addressing an issue when it first starts will often lead to a quick resolution and the most complete recovery.

Women experience pelvic floor conditions, including painful menstrual periods, painful urination, and urinary incontinence. The impairments will even lead to pelvic organ prolapse and chronic pelvic pain for some.

Men often don't know about the pelvic floor until there is a problem. The most common issues include urinary dysfunction after prostate cancer treatments. Typically these symptoms range from some leaking to complete loss of bladder control or irritation/discomfort when urinating. Pelvic floor dysfunction for some may lead to erectile dysfunction.

Fortunately, our physical therapists are trained in pelvic rehab no matter your gender and can help you resolve any issue you may be experiencing.



How Physical Therapy Can Help

Our therapists at Therapy Fit tailor our programs to the individual using research-backed, comprehensive treatment programs. We will conduct a thorough history and physical examination to identify all the possible factors contributing to your condition.

Evaluating the strength of the pelvic floor muscles includes assessing your ability to willfully contract your muscles and also identifying your ability to generate power and sustain a contraction. It is also essential to test your contraction speed and your ability to relax on command.

We will use this information to develop an individualized program focusing on helping you resolve your pain and restore your function. Our pelvic floor treatments include:

- **Soft tissue mobilization and massage** of internal and external pelvic musculature to relieve muscle tension and provide pain relief



- **Pelvic floor muscle retraining** to restore normal strength and endurance
- **Neuro-retraining** (i.e., incorporating pelvic floor muscle activation during simulated daily activities)
- **Electrical stimulation modalities** for pain relief and to restore normal neuromuscular activation of the pelvic floor muscles and nerves
- **Bladder training** (i.e., gradually holding urine for longer and longer periods)

Our team will educate you on home exercises and simple movements that you can build into your everyday activities. We believe that teaching you strategies to manage and improve your pelvic health is the key to lasting results.

Request An Appointment

At Therapy Fit, our physical therapists can help with incontinence, pelvic pain, and sexual dysfunction, whether your condition results from reconstruction surgery, abdominal surgery, prostate cancer treatments, pregnancy, or childbirth. No matter what it is, we most likely treat it.

Contact our clinic today and request an appointment with one of our pelvic floor specialists!

SCHEDULE AN EVALUATION



PATIENT SUCCESS SPOTLIGHT



*"I love Therapy Fit and I highly recommend them! Dr. Ana is just incredible. **I have felt SO much better doing pelvic floor therapy during pregnancy and I will definitely go back once our baby is born.** I'm so grateful every time I go. Mo does wonderful deep tissue work. The facility is clean and calm, and I just love going to each appointment. Definitely go to Therapy Fit for physical therapy!" - S.L.*

SHARE YOUR SUCCESS STORY AND BE SOMEONE'S HERO

SHARE YOUR SUCCESS

EXERCISE YOUR MIND WITH SUDOKU

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<http://1sudoku.com>

Level Hard

CALL THERAPY FIT AT 972.587.9404

TO SCHEDULE YOUR APPOINTMENT TODAY!

EXERCISE OF THE MONTH



This exercise helps to strengthen your hips and core.



POSTERIOR PELVIC TILT WITH HIP CIRCLES

Start by lying on your back with your feet flat on the floor and your knees bent with your arms by your sides. Tuck your pelvis by tilting your hips back so your lower back presses into the floor. Keeping your pelvis tucked and your lower back pressed into the floor, straighten one leg out with your toes pointing up. Slowly make clockwise circles with your foot by only moving your leg at your hip joint. Then, switch directions.



SCHEDULE AN EVALUATION

VARIOUS CONDITIONS THERAPY FIT CAN TREAT

- Arthritis
- Back Pain & Sciatica
- Scoliosis and Posture
- Elbow, Wrist Pain
- Hip and Knee Pain
- Interstitial Cystitis
- Neck Pain
- Post-Surgical Rehab
- Pre-Surgical Rehab
- Shoulder Pain
- Work Injury
- Sports Injury
- Chronic Pain
- Foot and Ankle Pain
- Women's Health
- Neurological Disorders
- Urinary Incontinence
- Balance and Gait Disorders
- Ankle Sprain
- Torticollis
- Plus More Conditions



THERAPY FIT PHYSICAL THERAPY

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WWW.THERAPYFITPT.COM

SCHEDULE AN EVALUATION

Do you have aches and pains? Come Back In For A Tune-Up:

We can help in many ways, including:

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently and securely
- ✓ Sit for long periods comfortably
- ✓ Walk for long distances
- ✓ Live an active and healthy lifestyle

If You Are In Pain or Have Sustained An Injury
Call Your Physical Therapist Today!

972.587.9404

