



# Physical Therapy for Women

## Empowering Women to Take Control of Their Health

Physical therapy and wellness programs have been designed to keep the specific needs of you, the female patient, in mind. We have paid close attention to the issues affecting women that sometimes go untreated, unnoticed, or have limited medical remedies.

Our services can be a wonderful option to help you overcome the particular obstacles you face related to these following conditions:

### Pelvic Pain

Any pain that you may experience from the belly button to your groin area that is associated with activities such as sitting, intercourse, urination, bowel movements, low back pain, numbness or tingling sensations in these areas can be addressed by a physical therapist.

### PreNatal/ Post Partum

During and after pregnancy a woman can experience pain in the following areas: shoulder blades, ribs, low back, groin & legs. These are not normal symptoms and maybe treated by a physical therapist.

Beginning in June 2007 new exercise classes, *Moms in Motion*, will be offered by physical therapist for women during & after pregnancy. These classes are designed for the specific needs of the various stages of pregnancy. *The cost is \$60 for 12 sessions or \$7 drop in rate.*

### Osteoporosis

Osteopenia, or weakening of the bones, can progress to osteoporosis. This can place you at an increased risk of broken bones, falls, difficulty walking, pain in your spine, poor posture, and poor mobility in general. PT's can help set up programs designed to increase bone growth.

### Breast Cancer Care

Following any type of breast surgery such as mastectomy, lumpectomy, or reconstruction the soft tissues around the shoulder, chest and under arms may be affected.

Tightness, stiffness, pain, and lymphedema or swelling may occur which can result in decreased mobility of your arm and generalized discomfort in the chest area.

### Incontinence

The inability to fully control a loss of urine is called "incontinence". Women of *all ages* can experience this in some form and, it *should not be* considered "normal". The types of incontinence that physical therapy may help include:

- Stress Incontinence- leakage of urine with coughing, sneezing, or exercise;
- Urge Incontinence- the sudden need to urinate with or without leakage many times a day.

### Fibromyalgia

People who have been diagnosed with Fibromyalgia often experience deep aching pain and stiffness throughout their body. This may be associated with numerous other issues such as: fatigue, poor sleep, tender (trigger) points, headaches, widespread pain, that may significantly alter their ability to function.

### "The Female Athlete"

Young women who are involved in sports are more likely than young men to experience a devastating knee injury.

The TNT Program, "Techniques and Training", is a 6 week program that includes stretching, lower extremity & core strengthening, power building, agility drills, and technique analysis to help prevent these injuries in female athletes. *The cost is \$250 for 18 sessions.*

**If you are experiencing any of the above please talk with your doctor about the benefits of physical therapy or to learn more on how physical therapy can help you contact Rachel Duncan, PT; or Donna Snyder, PT, at 937-383-7722.**



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