

PLAYING THROUGH



Healthy Life. Better Game.

PELVIC THERAPIES

Pelvic health concerns encompass a spectrum of conditions, including but not limited to urinary issues like incontinence and overactive bladder. Incontinence refers to the involuntary loss of urine, which can occur during activities such as coughing, sneezing, or exercising, while overactive bladder involves a sudden and frequent urge to urinate, often resulting in an increased frequency of bathroom visits. It's more common than you might think, and it deserves discussion and understanding.

These conditions can significantly impact an individual's quality of life, leading to social and psychological distress. Factors such as pregnancy, childbirth (both cesarean and vaginal deliveries), aging, obesity, and certain medical conditions can contribute to the development of pelvic health issues. No matter the origin of symptoms it is never too late to begin your rehabilitation journey. Keep in mind that your age or starting later in life does not dictate your outcomes.

Licensed physical therapists specializing in pelvic health play a crucial role in the management and treatment of these conditions. They employ evidence-based approaches to evaluate and address muscular and connective tissue impairments within the pelvic region determining the underlying factor if the pelvic floor is underactive (hypo or weak) or overactive (hyper or tight). They're trained to help you reclaim control over your pelvic muscles, with techniques to help you strengthen those muscles and give you back the power to hold it in when you need to. Treatment often includes patient education regarding bladder reflex retraining and urgency reduction, targeted exercises to strengthen the pelvic floor muscles, biofeedback techniques for enhancing awareness and control, as well as behavioral strategies to manage symptoms.

Therapists may also educate patients on constipational support. Struggling with constipation can also be indicative of a pelvic floor dysfunction. Whether constipation is simply originating from toileting mechanics, pelvic floor relaxation techniques or dietary changes, it is important to make these adjustments to optimize pelvic floor health and to avoid potential side effects like hemorrhoids or pain.

By offering tailored rehabilitation programs, licensed physical therapists aim to empower individuals,

improve their functional abilities, and enhance their overall well-being, thereby enabling them to regain control and confidence in managing pelvic health issues. Incontinence, urinary urgency and constipation are NOT normal symptoms as we age or for those having children. These are symptoms of a present pelvic floor dysfunction which can be treated! Now is the time to gain back control of your life and your pelvic floor health.

BG, retired, of Green Cove Springs said, "I never imagined myself in a room dedicated to reclaiming control over bodily functions, where I'd begin my pelvic floor exercises, a series of squeezes and releases that would hopefully reign in my unpredictable bladder."

"The irony wasn't lost on me; here I was, a former high school track star now attempting to master the art of clenching muscles I barely knew existed. My physical therapist, call her Donna, was the best! With a gentle touch and a keen eye, she guided me through each step, with a humor that made the awkwardness slightly more bearable."

"She said, 'Think of it like trying to stop a sneeze mid-flight,' she said, 'Just channel your inner superhero and hold on tight!' She tailored the routine to my capabilities, adjusting the difficulty like a seasoned coach. It was clear she had seen it all, from grandmas like me to athletes grappling with their own physical challenges."

"Amidst the giggles and the occasional embarrassing mishap, Donna's unwavering patience and understanding made the process not just bearable but strangely empowering. She transformed what could have been a mortifying ordeal into a journey of self-discovery and newfound resilience. I couldn't help but be grateful for her skillful guidance, which somehow made navigating the quirks of aging a touch more manageable. After all, who knew that mastering the art of clenching could be so integral to a dignified existence in one's later years?"

Alyssa Melendez, PT, DPT
Clinic Manager/Physical Therapist
for The Magnolia News

Continued





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