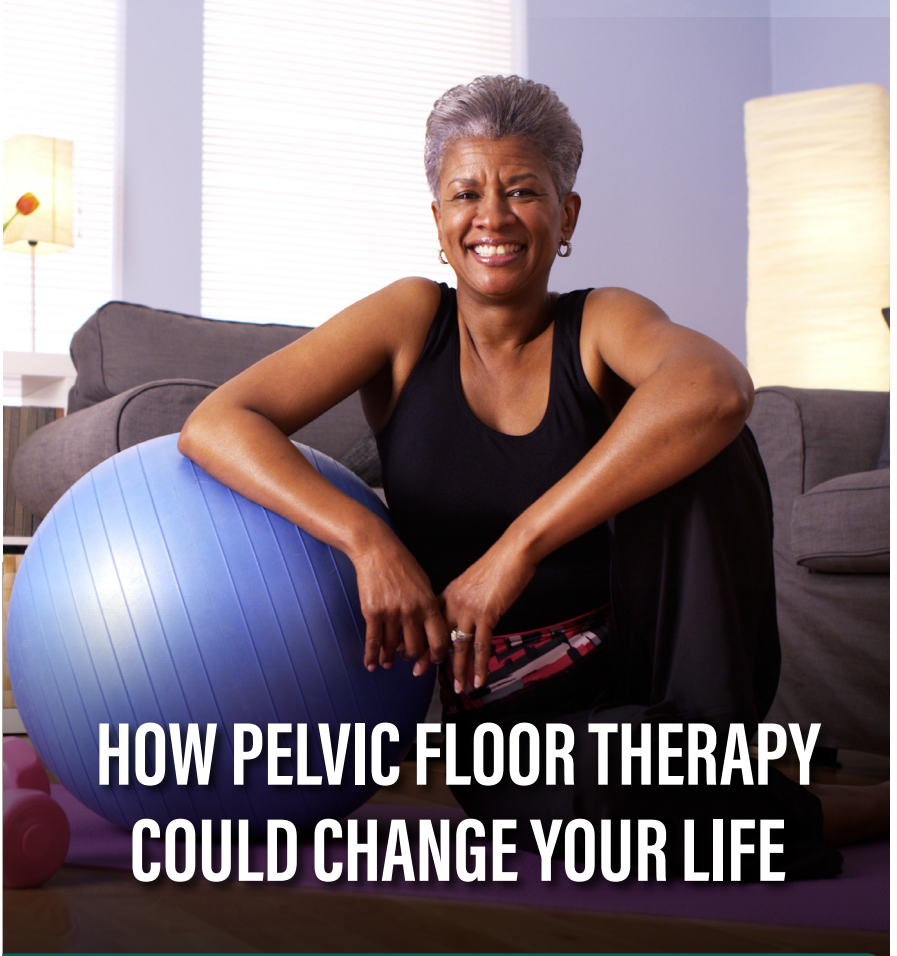




WILLOW PHYSICAL THERAPY
MOVEMENT EXPERTS

Health & Wellness

NEWSLETTER



HOW PELVIC FLOOR THERAPY COULD CHANGE YOUR LIFE

ALSO INSIDE:

- WHAT TO EXPECT FROM PELVIC FLOOR THERAPY
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HOW PELVIC FLOOR THERAPY COULD CHANGE YOUR LIFE

Pelvic pain is no joke. The pelvic area is an important part of the body that serves many purposes, especially for women. Pelvic pain can happen at different points throughout your menstrual cycle, during pregnancy, after giving birth, and even as a result of an underlying condition. Some pelvic conditions may also result in painful intercourse or infertility issues.

Dealing with pelvic pain alone can be very confusing and scary, but luckily, it can be addressed and possibly fixed through pelvic floor rehabilitation. Some of the most common pelvic conditions that our physical therapists treat include postpartum pelvic pain, pain following abdominal surgery, dyspareunia, and endometriosis.

Why Am I Experiencing Pelvic Floor Pain?

A recent abdominal surgery. If you are recovering from a recent abdominal surgery, pelvic floor rehabilitation can assist with breaking up scar tissue, improving strength, and regaining range of motion in your abdomen/pelvic region.

- **Endometriosis.** Endometriosis is a condition many women suffer from without even knowing it. This condition can affect the bones, muscles, ligaments, and nerves in the

pelvic region and cause excess scar tissue. Pelvic floor rehabilitation can help reduce the pain and bloating that you may be experiencing with endometriosis, in addition to strengthening the pelvic floor muscles.

- **Urinary leakage or frequency.** If you're struggling with urinary incontinence, a physical therapist can help determine the root of your problem. Instead of simply treating the symptoms, your physical therapist can focus on the cause and focus on strengthening the muscles under your bladder. This will help treat and eliminate your incontinence issues.
- **Constipation.** Pelvic floor therapists can loosen and relax the muscles in your pelvic and anal areas, which can help relieve and eliminate constipation.

You recently had a baby. After giving birth, it is common for new mothers to experience strained muscles and/or connective tissue damage in their pelvic floor. Pelvic floor rehabilitation helps with postpartum pelvic pain, in addition to strengthening and restoring any damaged muscles or tissues.

Are you letting pain hold you back? Call to schedule your appointment today! 907-456-5990

WHAT TO EXPECT FROM PELVIC FLOOR THERAPY

Pelvic floor therapy focuses on strengthening the ligaments, tendons, and muscles of the pelvic floor. When muscles in the pelvic area become tight or weak, your daily life can be negatively impacted, because this region helps in supporting the core of your body and is a key part of everyday movement.

One of our licensed physical therapists will take a look at your medical history, and conduct a thorough examination to decide what type of treatment you'll need. This may include stretches, ultrasound therapy, manual therapy, and at home exercises to reduce pain and strengthen or loosen your pelvic muscles, depending on your condition. Did you know that pelvic floor rehabilitation is a common option for women who are preparing for childbirth? It ensures an easier delivery and oftentimes can prevent the need for a C-section.

Some common techniques used during pelvic floor rehabilitation include:

- **Ultrasound therapy.** This kind of therapy focuses on using soothing heat for relief in the affected pelvic region. It's a safe and effective way to relax tight muscles and tissue.
- **Diaphragmatic breathing.** Your physical therapist can teach you how to practice deep breathing exercises. These will allow your diaphragm to expand and contract properly, which helps in relaxing muscles in the pelvic area. Relaxed muscles will drop and lengthen, providing simple pain relief. Relaxation techniques. Physical therapy also focuses on relaxing! Relaxing your muscles allows them to ease tension, which

makes it easier to stretch and massage them later. It's not always easy to relax on command though, so your physical therapist may suggest specific relaxation techniques, such as guided imagery or biofeedback, to assist you with the process.

- **Postural exercises.** These specific types of exercises are aimed at refining and strengthening the pelvic floor muscles that affect posture. These exercises are typically done with large medicine balls. Your physical therapist may suggest that you purchase one to use at home on your own as well.

Pelvic pain is caused by a number of different factors, and pelvic floor rehabilitation can help reduce or eliminate the pain and symptoms you are experiencing. If you are suffering from pelvic pain, endometriosis, having issues with urinary incontinence, have recently given birth, or just want to make sure that all is well with your pelvic floor, it's a great idea to see a physical therapist!

At Willow Physical Therapy, your physical therapist will conduct a thorough examination, find the source of your pain, and create a customized treatment plan to help reduce the severity of your symptoms. We want to make sure you feel seen and heard, and leave our office knowing you're in good hands. Give us a call today to schedule an appointment and get back to living your life without that nagging pelvic pain!

CALL TO SCHEDULE YOUR APPOINTMENT TODAY!

907-456-5990



Healthy Recipe Pink Sunrise Strawberry Smoothie

INGREDIENTS

- 1 cup frozen strawberries
- 1/4 cup frozen raspberries
- 1/4 cup blueberries
- ½ - 1 small beet frozen
- 1 ripe banana
- 1/2 cup kefir
- 1/2 cup milk – regular, nut, coconut, hemp, etc.
- 2 tbsp honey (optional)
- 1 tbsp hemp seeds
- 1/2 cup ice

INSTRUCTIONS

Place all ingredients into a high-speed blender. Run on the smoothie setting or on high for 1-2 minutes or until completely smooth. Serve and enjoy!

EXERCISE OF THE MONTH

Try this movement if you are experiencing incontinence.

PELVIC STRENGTHENING

Sit in a chair with tall, relaxed posture. Slowly and gradually contract your pelvic floor until you reach maximum strength. Then slowly return to your relaxed position.



Exercises copyright of  SimpleSet Pro

Always consult your physical therapist or physician before starting exercises you are unsure of doing.



Tips For Planting A Potted Herb Garden!

As the weather begins to warm up, we are all looking for fun activities to get us out of the house while still remaining safe and following CDC guidelines. At Willow Physical Therapy, we are dedicated to helping you find activities that you enjoy that'll get you moving and out in the sunshine!

One spring activity we think you may enjoy is planting a potted herb garden. Follow our tips below or contact our clinic for more info on how you can enjoy the spring while still protecting yourself!

1. Discover what herbs will work best for you. Do you find yourself frequently cooking with certain herbs? Instead of making another trip to the grocery store, you can grow them right in your backyard! Figure out what herbs you will use the most and notice how convenient it is to have them growing right outside your home.
2. Make sure you have enough room for each herb to grow and thrive. A common mistake when planting a garden is not allowing enough room for plants to grow. Most herbs require a diameter of 1-4 feet in their pot to allow the roots to grow and spread.
3. Make sure your herb garden is in the right light. For best results, herbs generally prefer full, bright light, as long as temperatures are not too hot that they burn the plant. If temperatures reach above 90 degrees in the summer, then it is best to plant your herb garden in an area where it can get bright morning light and afternoon shade. Be sure to check the lighting and watering requirements for each herb you purchase.

Looking for more spring activities?

For more tips, don't hesitate to contact Willow Physical Therapy today! We can help you enjoy a fun and safe spring.

Patient Spotlight

"The staff is always professional, courteous, and willing to work with patients..."

"The staff is always professional, courteous, and willing to work with patients who have special circumstances that may arise. Overall, the objective of the therapy is to improve the overall health of the patient and the assistance of Willow PT to send their patients exercises to perform at home is great." — William J.



STRENGTH
& FLEXIBILITY

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