



SEPTEMBER 2022

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**PATIENT
TESTIMONIAL**



NEWSLETTER



HOW PHYSICAL THERAPY CAN HELP YOUR PELVIC HEALTH

HOW PHYSICAL THERAPY CAN HELP YOUR 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 Apex Physical Therapy, 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 Apex Physical Therapy, 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
- Damage to the nerves from health problems like diabetes and multiple sclerosis



IMPROVE YOUR PELVIC HEALTH WITH APEX PHYSICAL THERAPY!

- Enlarged prostate
- Types of cancer
- Certain medications
- Trauma (physical, psychological/emotional)

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!

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 Apex Physical Therapy 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 (endurance). 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 Apex Physical Therapy, 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!

www.apexphysicaltherapyllc.com

*READY TO TAKE YOUR
HEALTH TO THE NEXT LEVEL?*

CALL US TODAY!

MERRILLVILLE
(219) 401-4257

VALPARAISO
(219) 940-4241

MICHIGAN CITY
(219) 203-1840

STAFF SPOTLIGHT

YEOJEONG KIM "GRACE" PT, CLT

Yeo Jeong "Grace" Kim is a physical therapist who joined Apex in 2020. She earned her Physical Therapy degree from WonKwang Health Science University in South Korea and completed her USA transitional physical therapy education from the University of St. Augustine in Florida.



Grace has a special interest in orthopedic injuries, chronic pain, pelvic floor conditions, lymphedema, and cancer rehabilitation. She is certified in manual lymphedema drainage with comprehensive decongestive therapy for lymphedema. She also has completed APTA Pelvic Health Level 1 and 2 for pelvic pain, incontinence, and post-partum rehab, and the low back course in the McKenzie Method.

Grace uses a functional movement-oriented approach to therapy with an emphasis on improving proper movement mechanics to facilitate long-term gains and decrease the risk of injury or loss of function. She has a strong focus on patient education to empower her patients through knowledge in all aspects of physical therapy related to the return of higher function levels.

Call our Valparaiso office at (219) 940-4241 and ask for Grace today!

PATIENT TESTIMONIAL



"I love going to Apex Physical Therapy. These ladies, Jessica, Sara and Hannah always make me feel at home.

Not only does Sara help with my Physical therapy needs, she also makes me feel like I am a friend.

Anyone needing physical therapy should come to these ladies."

— Rebecca H.



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