



OCTOBER 2022

WHAT'S INSIDE

LIVE BETTER!

Stop Living With Pelvic
Floor Dysfunction!

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**PATIENT
TESTIMONIAL**



NEWSLETTER



HOW WELL DO YOU KNOW YOUR PELVIC FLOOR?

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Plenty of individuals go their entire lives without ever experiencing pelvic floor pain. However, many of us are not that lucky, and might find ourselves dealing with abdominal discomfort, incontinence, or post-surgical pain at least once in our lives.

At Apex Physical Therapy, we understand your pain and discomfort. We cater to the needs of all of our patients regardless of age, gender, or sexual identity. Our therapists can address many different disorders relating to the pelvis and its joints, muscles, and nerves. We evaluate and treat a variety of problems related to general pelvic pain, incontinence, pre and post-surgical gender reassignment rehabilitation, sexual dysfunction, and painful intercourse.

If you're dealing with pelvic pain or discomfort, contact Apex Physical Therapy today to speak with one of our pelvic health specialists about treatment. We're 100% committed to the health and recovery of all of our patients.

WHAT IS THE PELVIC FLOOR?

All people, regardless of gender, have pelvises, and therefore have pelvic floor muscles.

Your pelvic floor is a group of muscles that lie at the bottom of your pelvis and surround your genitalia. These muscles support the rectum, bladder, and uterus, and are involved in sexual and reproductive processes. The pelvis is made stable by these muscles when they're working properly.

WHO CAN PELVIC PHYSICAL THERAPY HELP?

Many people think that pelvic physical therapy is only beneficial for pregnant women or women experiencing postpartum pelvic pain. While women do benefit immensely from pelvic physical therapy, they're not the only ones! Pelvic therapy can be beneficial to anyone regardless of age or gender identity.

STOP LIVING WITH PELVIC FLOOR DYSFUNCTION!

Apex Physical Therapy specialists are trained to treat transgender patients as well. According to Pullman Regional Hospital, "pelvic health physical therapy is beneficial for individuals who have undergone gender affirmation surgical procedures."

After undergoing reconstructive surgery, the muscular support of the pelvic floor is altered, and so function may be compromised. Seeing a pelvic floor specialist before and after your operation can speed up your recovery and improve your overall satisfaction with your results.

Pelvic floor therapy is also beneficial to men dealing with prostate issues, as this is a commonly experienced problem in the older male population. Men with prostate conditions are particularly susceptible to pelvic floor issues such as incontinence and sexual dysfunction. Physical therapy can help to assess strength, endurance, flexibility, and motor control bring lasting relief.

REASONS TO SEE A PELVIC HEALTH PHYSICAL THERAPIST:

Pelvic pain symptoms can be stressful, embarrassing, and may limit your tolerance to daily activities. This list includes many symptoms and common conditions people with pelvic floor dysfunction may be diagnosed with:

- Nocturia (frequent need to urinate)
- Pelvic pain during intercourse
- Bloating and abdominal pressure
- Vaginismus
- Vulvodynia
- Post-surgical pain
- Prostatitis
- Dyspareunia
- Constipation or Irritable Bowel Syndrome
- Interstitial cystitis

If you're experiencing any of the above-mentioned symptoms or conditions affecting the functionality of your pelvic floor, or have recently undergone gender reassignment surgery, it's in your best interest to consult with a physical therapist to see if your pelvic floor is functioning properly.

HOW DOES A PELVIC HEALTH PHYSICAL THERAPIST TREAT PAIN?

Our pelvic physical therapists will conduct a thorough physical examination, assess areas causing you pain, as well as ask you questions about your medical history to make an accurate diagnosis.

Your physical therapist will want to know what movements and pressure levels increase or decrease your pain. Then they will develop a specialized treatment plan for your recovery so that you can relieve your symptoms and prevent recurring pelvic dysfunction.

Common pelvic physical therapy treatments may include soft tissue mobilization and massage, spinal and joint manipulations, electrical stimulation modalities, and therapeutic exercises to restore strength, mobility, and endurance of pelvic floor muscles.

CONTACT OUR OFFICE TODAY

Pelvic pain doesn't discriminate, and neither should treatment. If you are struggling with pelvic pain, recovering from gender reassignment surgery, or frustrated with incontinence issues, it's time to take your discomfort to a specialist.

Contact our office to learn more about how we can bring long term pain relief from pelvic floor dysfunction.

www.apexphysicaltherapyllc.com

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

CALL US TODAY!

MERRILLVILLE
(219) 401-4257

VALPARAISO
(219) 401-4241

MICHIGAN CITY
(219) 203-1840

STAFF SPOTLIGHT

SARAH RUNYON PTA, CCCE

Sarah Runyon is a licensed Physical Therapist Assistant for Apex Physical Therapy LLC. She has been working with a wide variety of patients in an outpatient setting since 2015. Sarah utilizes her skills from extensive training in exercise therapy, manual techniques, vestibular and neurological rehab programs, and prosthetic training. Sarah is MDT (Mechanical Diagnosis Therapy) trained, holding a certificate for the Lumbar region of the spine from the McKenzie Institute. Sarah strives to assure positive patient outcomes through the utilization of various physical therapy techniques.



Her passion is to help patients succeed by delivering exceptional one-on-one care. Sarah is able to communicate with members of the deaf community through ASL. She is our Clinical Coordinator for Clinical Education, where she works with students as a Clinical Instructor in our Merrillville facility. In this role, she is able to influence students in the dynamic outpatient setting that Apex Physical Therapy provides. Sarah is an active member of the community with a passion for the field of physical therapy. She has been a member of the American Physical Therapy Association since 2014 and many volunteer programs in the community. Sarah also works as an Adjunct Faculty member for the PTA program at Ivy Tech Community College and was awarded the Adjunct Faculty of the Year award for 2020. Sarah continues to seek opportunities on furthering her education in the field of Physical Therapy.

In her free time, Sarah enjoys all outdoor activities and spending quality time with her family and close friends.

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

PATIENT TESTIMONIAL



"Hannah and Sarah are amazing! The one on one experience is the greatest.

I've been to other big name places and they really don't put any effort into making sure you're progressing and have 4-5 other clients at once.

Apex is the place to go for your PT."

— Veronica M.



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INSTRUCTIONS:

1. Open your smart phone to the camera app
2. Center the QR code above in the frame (this will take you directly to our Google Review Page)
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