

I·N·N·O·V·A·T·I·V·E

PHYSICAL THERAPY SOLUTIONS

Setting the standards for first-class care

Innovative Newsletter

PELVIC FLOOR THERAPY AT INNOVATIVE 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.

(continued inside)



Dr. Cheryl Howard
PT, DPT, Cert. MDT
Owner

FREE 15 MINUTE CONSULT

(DETAILS INSIDE)

www.innovativeptsolutions.com

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INSIDE:

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Quote of The Month:

*"My mother told me
to be a lady. And for
her, that meant be
your own person, be
independent."*

- Ruth Bader Ginsberg

**CALL
TODAY!**

(315) 786-0655

PELVIC FLOOR THERAPY AT INNOVATIVE COULD CHANGE YOUR LIFE!



(continued from outside)

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.

**Take a look at the following reasons for
pelvic floor pain:**

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.

**Give Innovative Physical Therapy Solutions A
Call Today For More Information!**

www.innovativeptsolutions.com

WHAT TO EXPECT FROM PELVIC FLOOR THERAPY

Pelvic floor therapy focuses on assessing and treating 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 with 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:

- **Biofeedback.** The process of gaining greater awareness of many physiological functions by primarily using instruments that provide information on the activity of those same systems with a goal of being able to manipulate them at will.
- **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. These breathing exercises can also be done at home.
- **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 Innovative Physical Therapy Solutions, 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!

(315) 786-0655

Patient Spotlights

"...I feel no pain doing any physical workouts..."

"Started June 2020 with the physical therapy. Did some on my own at home. Saw improvements when the leaking of urine started decreasing after a month of visits. Pain was also decreasing after a month and a half. Haven't been able to do physical therapy with my therapist for four weeks due to work, but I did continue on my own. First day back was today (Aug 2020) after a while and I feel no pain doing any physical workouts and I don't have any leakage." - **Jewel C.**

"I am thankful to be in such professional care..."

"I have started my pain recovery journey with Innovative Physical Therapy Solutions about a month ago and I am very pleased with the results. The environment along with the very knowledgeable and caring therapists including the receptionist is designed for the utmost professional care. I am thankful to be in such professional care and recommend Innovative Physical Therapy Solutions to anybody who is looking for professionalism, care and results." - **Rita B.**

"Physical Therapy has helped me gain strength..."

"Prior to Physical Therapy, I had difficulties walking to the car, carrying my baby, sitting in the car, etc. Since going to Physical Therapy I have worked through pain I've had since I was a kid/teenager. Physical Therapy has helped me gain strength in my at-home workouts." - **Amanda F.**

Healthy Recipe

Shamrock Smoothie



INGREDIENTS

- 2 bananas, frozen
- 1 green apple, core removed
- 2 cups water or milk (non-dairy if necessary)
- 1 cup plain Greek yogurt
- 2 handfuls spinach (about 1-2 cups)
- 1 teaspoon vanilla extract
- Honey to taste (optional)

INSTRUCTIONS

In a blender, add all ingredients. Blend until smooth, adding more water if you want a thinner smoothie. Adjust sweetness with additional honey, if desired.

Exercise To Help With Pain:

Try this simple exercise to help you feel better...
Share this with a friend or family member to help keep them healthy too!

Exercises copyright of
SimpleSet Pro
www.simpleset.net

Helps Relieve 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.



Innovative PT Coupons

FREE 15 MINUTE CONSULT



(315) 786-0655

CALL TO SCHEDULE TODAY!

316 Sherman St.
Watertown, NY 13601

Offer valid for the first 20 people to schedule.
Expires 4/30/21

Innovative Practice News

HOW CAN I GET STARTED WITH TELEHEALTH?

At Innovative Physical Therapy Solutions, we want you to know that we are here for YOU! We genuinely care about your health, which is why we continue to offer Telehealth services during this time – to keep you, and all of our patients, safe.

Although our clinic is open for socially distanced in-person appointments, we still want to be able to serve our patients in other ways as well. We want you to be able to continue your personalized PT plans, so you do not lose all the progress you've made. So, if Telehealth at Innovative Physical Therapy Solutions sounds right for you, be sure to let us know!

To learn more about how you can set up our Telehealth services on your smartphone or computer, give us a call today or schedule your first virtual appointment online!

IN THE STATE OF NEW YORK, YOU HAVE DIRECT ACCESS TO PHYSICAL THERAPY!



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