

I·N·N·O·V·A·T·I·V·E

PHYSICAL THERAPY SOLUTIONS

Setting the standards for first-class care

Innovative Newsletter

DON'T LET YOUR PELVIC HEALTH AFFECT YOUR RELATIONSHIP!

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 Innovative Physical Therapy Solutions, we are musculoskeletal experts and work with people experiencing difficulties in all body regions.

(Continued inside)

**FREE 15 MINUTE CONSULT
FOR YOU OR FOR A FRIEND!**

(DETAILS INSIDE)



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

www.innovativeptsolutions.com

Innovative Newsletter

INSIDE:

Healthy
Recipe

Exercise
To Help
With Pain

Deep Tissue
Laser Therapy

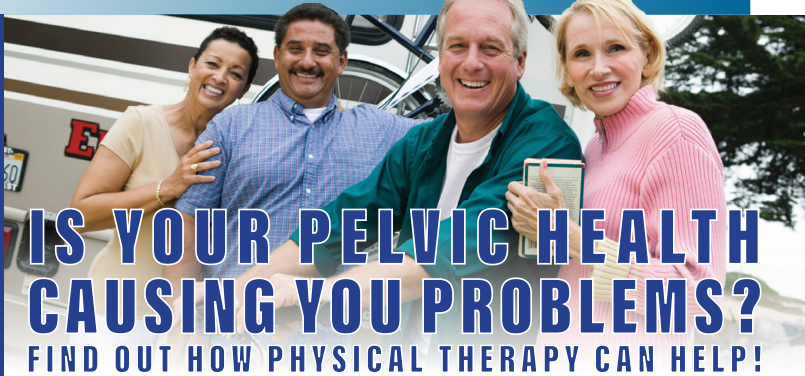
Quote of The Month:

*"Perseverance
is failing
19 times
and succeeding
the 20th."*

- Julie Andrews

**CALL
TODAY!**

(315) 786-0655



Our highly trained team uses the most advanced strategies to help alleviate 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 Innovative Physical Therapy Solutions, our team works with all types of problems affecting the pelvic region.

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 a network of muscles that 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

- 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

Continued inside.



IS YOUR PELVIC HEALTH CAUSING YOU PROBLEMS?

Continued from previous page.

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 many issues you may be experiencing.

How Physical Therapy Can Help

Our therapists at Innovative Physical Therapy Solutions 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)
- 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.

At Innovative Physical Therapy Solutions, 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 our pelvic floor specialist!

DID YOU KNOW DEEP TISSUE LASER THERAPY COULD HELP YOU BEAT YOUR PAINS?

No Referral/Prescription Needed - No Insurance Needed No Expiration On Package Treatments – We Take Cash, Card, or Health Savings Account

Laser therapy is a safe, effective, and non-invasive way to treat pain and aid in the recovery of many conditions. Contact Innovative Physical Therapy Solutions today!

We'll set up a free consult for you and figure out whether or not laser therapy could help in reducing your pain.



Scan the QR code to learn more about Deep Tissue Laser Therapy today!



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!

This exercise helps strengthen your pelvic floor muscles.

PELVIC TILT ON BALL

Sit on an exercise ball with tall, relaxed posture. Slowly and gradually tilt your pelvis muscles forwards then backwards making a small circle with your hips. Keep your core engaged. Repeat 10 times.



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www.innovativeptsolutions.com

5 Star Review

"I've gone to different therapy clinics in several different states and by far one of the best I've been too. The customer service is highly professional, understanding, patient and flexible. The physical therapists have been incredible. Truly a business staff here."

– Daniel P.

We would love to hear your success story!

If you have overcome injuries, been freed from pain, or become stronger, healthier, and more active through physical therapy, we would love to hear your story. Your story may convince someone else to make an appointment and start their journey to success.

Scan the QR Code to visit our Google Review Page and share your story.



Healthy Recipe

Kachumber Salad

(Indian Salad)



INGREDIENTS

- 1 small onion finely chopped
- 2 medium tomatoes chopped small
- 1 large cucumber chopped small
- 4-5 red radishes chopped small (optional)
- 1 green chili finely chopped (remove seeds to reduce heat if needed)
- 1/4 cup packed chopped cilantro
- 1/4 tsp or more salt
- 1/4 tsp or more freshly ground black pepper
- 1/4 tsp or more cayenne pure red chili powder
- 1 tsp or more freshly squeezed lime or lemon juice

INSTRUCTIONS Chop the onions, tomatoes, cucumbers, radishes, wash and drain well then add to a bowl. Add the veggies and the rest of the ingredients to a bowl. Taste and adjust salt and heat. Serve.

Source: <https://www.veganricha.com/kachumber-salad-cucumber-tomato-onion-salad-recipe/>

Innovative PT Coupons

FREE 15 MINUTE CONSULT FOR YOU OR FOR A FRIEND!

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CALL TO SCHEDULE TODAY!



316 Sherman Street, Watertown, NY 13601

Offer valid for the first 20 people to schedule.
Expires 7/30/22