

# Innovative Newsletter



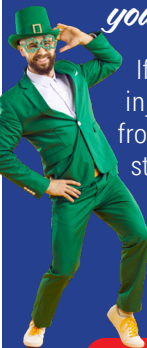
## INSIDE:

DEEP TISSUE LASER THERAPY

STAFF SPOTLIGHT

EXERCISE TO HELP WITH PAIN

*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.

REVIEW US

## Quote of The Month:

*“I am a great believer in luck, and I find the harder I work, the more luck I have.”*

– Thomas Jefferson

CALL TODAY!

(315) 786-0655

**Are you experiencing pelvic pain? Have you struggled with incontinence? For some, it can be challenging to talk about these types of struggles. At Innovative PT Solutions, 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 Innovative PT Solutions, our team works with all types of problems affecting the pelvic region regardless of age.

### What Is The Pelvic Floor?

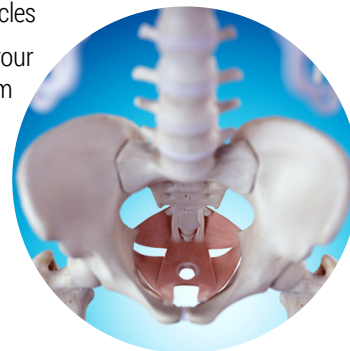
The pelvic floor is a term used to describe the region located in the bottom aspect of the pelvis. The pelvic floor is a complex system that works with the structures and systems in the pelvic cavity and the body.

The pelvic floor is made up of 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 pelvic floor muscles resulting from pregnancy, childbirth, obesity, and aging

- Pain or tight pelvic muscles
- Physical damage to your pelvic floor muscles from childbirth or surgery
- Damage to the nerves from health problems like diabetes and multiple sclerosis
- 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!

*Continued inside.*

**INNOVATIVE PT SOLUTIONS NOW PROVIDES AT HOME PHYSICAL THERAPY WITH TELEMEDICINE**

CLICK HERE FOR MORE INFORMATION

Continued from previous page.

## 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.

You may be experiencing pelvic floor conditions like painful menstrual periods, painful urination, and urinary incontinence. The impairments will even lead to pelvic organ prolapse and chronic pelvic pain for some.

Pelvic floor conditions can happen at any age, and it is important to recognize the symptoms early. Children commonly experience bedwetting, and various factors can cause urinary incontinence and fecal urgency to appear at other stages of life. Surgery can even cause post-surgical abdominal pain and pelvic pain.

Fortunately, our physical therapists are trained in pelvic rehab no matter your age and can help you resolve any issue you may be experiencing.

## How Physical Therapy Can Help

Our therapists at Innovative PT 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. 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)
- Biofeedback to assess muscle activity and for retraining
- 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 PT Solutions, our physical therapists can help with bowel dysfunction, incontinence, pelvic pain, and sexual dysfunction, across the lifespan.**

[REQUEST FREE CONSULT](#)



## 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.



[CLICK HERE](#) to learn more about  
Deep Tissue Laser Therapy today!

**I · N · N · O · V · A · T · I · V · E**  
PHYSICAL THERAPY SOLUTIONS  
Setting the standards for first-class care

## Staff Spotlight



**DR. ASHLEY MCAVOY**  
PT, DPT

Ashley holds a Doctorate of Physical Therapy Degree from SUNY Upstate Medical University and a Bachelor of Science Degree in Biology from SUNY

Oswego. She specializes in treating pelvic floor dysfunction and its symptoms, in both women and children. Treating conditions such as pelvic pain, prolapse, constipation, urinary urgency, frequency, and incontinence, with a passion for peripartum care.

Ashley, a Watertown native, has enjoyed interacting with people all of her life, and became captivated with the patient/therapist relationship, which led her to become a physical therapist. She prefers the challenge of her patients' conditions changing each day. Ashley can usually be found spending time with her family, going to concerts, or boating and fishing on the area lakes and St. Lawrence River when she is not at the clinic.

***Ashley is now taking Pelvic Floor Rehab patients!***

**REQUEST FREE CONSULT**

## 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!

### POSTERIOR PELVIC TILT WITH HIP CIRCLES

Start by lying on your back with your feet flat on the floor and your knees bent with your arms by your sides. Tuck your pelvis by tilting your hips back so your lower back presses into the floor. Keeping your pelvis tucked and your lower back pressed into the floor, straighten one leg out with your toes pointing up. Slowly make clockwise circles with your foot by only moving your leg at your hip joint. Then, switch directions.



## Innovative PT Coupons

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

**(315) 786-0655**  
**CALL TO SCHEDULE TODAY!**



316 Sherman Street, Watertown, NY 13601

Offer valid for the first 20 people to schedule.  
**Expires 4/30/23**



316 Sherman Street, Watertown, NY 13601

**315.786.0655**

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