

# Innovative Newsletter

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PELVIC HEALTH SERVICES

5 STAR REVIEWS

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.

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## Quote of The Month:

*“Success isn’t always about ‘greatness’, it’s about consistency. Consistent, hard work gains success. Greatness will come.”*

—The Rock

**CALL TODAY!**

**(315) 786-0655**

## EXPLORING THE MANY BENEFITS OF LASER THERAPY



**Dolores (not her real name) had been living with hip osteoarthritis for years. As her condition progressed, she found it more and more difficult to stay active — which only worsened her symptoms. Desperate, she visited Innovative Physical Therapy Solutions to see if we could help.**

And help we did! We introduced Dolores to low-level laser therapy, a non-invasive technique that utilizes light waves to reduce pain and inflammation, stimulate the body's healing process, and provide lasting relief.

After a few weeks of regular laser therapy treatment, Dolores found that her pain had diminished enough that she was able to begin a new daily exercise routine that helped further manage her pain and improve her mobility.

Laser therapy might sound scary, but it's an important tool in managing and addressing several musculoskeletal conditions. Could it benefit you? Keep reading to learn more — or call us to schedule an appointment!

### What Exactly Can Laser Therapy Do?

Laser therapy provides several unique benefits, including...

- Reducing inflammation
- Providing acute pain relief
- Increasing blood circulation
- Facilitating your body's natural healing processes

For these reasons, laser therapy can benefit several musculoskeletal conditions. Let's look at some common conditions we see at our clinic—and how laser therapy helps those patients thrive!

- **Arthritis** refers to several conditions, including osteoarthritis and rheumatoid arthritis, that cause joint pain and inflammation. Exercise is one of the best ways to address arthritis pain, but breaking through the initial discomfort can be challenging for many. Laser therapy can help reduce joint pain and stiffness, making it easier for you to get active.
- **Nerve entrapments** occur when a nerve becomes compressed by other structures. Perhaps the most well-known is carpal tunnel syndrome, which affects your hands and fingers. Laser therapy helps reduce the inflammation and pain associated with the condition and may help promote the healing of damaged nerves, helping ensure lasting relief.

*Continued inside.*

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

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- **Soft-tissue injuries** are any injuries that affect your muscles, tendons, or ligaments. These injuries often stem from overuse, which creates microdamage in the tissue, leading to persistent pain. While these injuries will generally heal on their own with proper care, laser therapy can help that process so you can return to your day-to-day activities as quickly as possible.
- **Herniated discs** occur when an intervertebral disc ruptures or bulges, leading to intense pain and muscle guarding/spasms (usually in the lower back). Laser therapy can reduce that pain and alleviate muscle tension so you can move more easily as you work through your rehabilitation.

### What Happens During Laser Therapy Treatment?

We typically use laser therapy as a stand alone wellness service or in conjunction with a physical therapy episode of care. So, before you even see a laser, we'll conduct an assessment that allows us to better understand your needs and determine whether or not laser therapy is the right choice for you.

Once done, we'll create a treatment schedule based on your needs. Some people need one session to see results; others benefit from multiple sessions over 2-3 weeks.

The sessions themselves are quick, typically only lasting a few minutes. There's nothing you'll need to do to prepare beforehand, although you should wear clothes that give us easy access to the treatment area. You can also leave jewelry at home; we'll ask you to remove it before treatment begins.

During your session, our certified laser therapy technician will run the laser wand over your bare skin. Most patients don't report any pain, although there may be some cases where you experience some discomfort during and after your session. This pain should subside, especially with subsequent sessions.

### Is Laser Therapy Right For You?

**If you're struggling with persistent joint or musculoskeletal pain, laser therapy with Innovative Physical Therapy Solutions could be the solution you need! The best way to find out is to schedule an initial consultation with our expert physical therapists.**

**Contact us today to get started!**



[REQUEST FREE CONSULT](#)

# PELVIC HEALTH SERVICES

## At Innovative PT Solutions



Have you ever felt a discomfort "down there" that you couldn't quite explain? A pang, a pressure, or maybe even sharp pain? Let's face it, talking about pelvic health can be a bit...awkward. But here's the thing: the health of your pelvic region is crucial to your overall well-being. And the more you know, the better you can address those mysterious symptoms.

At Innovative Physical Therapy Solutions, our approach to pelvic health is rooted in understanding your unique needs and providing tailored strategies to empower and support your recovery. We can help strengthen and relax the pelvic floor muscles through targeted exercises, education, and advanced techniques.

### Pelvic Health Conditions We Treat:

- Incontinence
- Pediatric Incontinence
- Pelvic Pain
- Pelvic Floor Rehab
- Women's Health



## START FEELING BETTER TODAY!

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# 5 STAR REVIEWS

***"Back in working order!"***

***"Innovative PT (especially Johnna, Britney and Michael) did an amazing job getting me back into commission! Between laser therapy sessions, pain management and eventually strengthening, they covered it all and kept me moving in the right direction. The office staff was great to work with from setting up/rescheduling appointments to always maintaining a personable welcome! Great office – would highly recommend!" –Nikki***

***"Best thing I did for myself postpartum..."***

***"Dr. Ashley helped me strengthen my pelvic floor and correct the abdominal separation I suffered from pregnancy. I couldn't be happier with the results. I love how good she is at her job, it makes me feel like I'm receiving the best care out there." –A.S.***

**Share your success story!  
Click below to leave us a review.**

**LEAVE US A REVIEW**

# Innovative PT Coupons

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

**(315) 786-0655**

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## 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.

