

ARC-REHAB.COM

PELVIC FLOOR THERAPY COULD CHANGE YOUR LIFE

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PELVIC FLOOR THERAPY COULD CHANGE YOUR LIFE



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Pelvic pain is no joke. The pelvic area is an important part of the body that serves many purposes, especially for women. 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.

What To Expect From Pelvic Floor Therapy

Pelvic floor therapy focuses on strengthening 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?

Continued inside.



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It ensures an easier delivery and oftentimes can prevent the need for a C-section.

Some common techniques used during pelvic floor rehabilitation include:

- **Ultrasound therapy.** This kind of therapy focuses on using soothing heat for relief in the affected pelvic region. It's a safe and effective way to relax tight muscles and tissue.
- **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 ARC Physical Therapy, 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!

ENTER
AND WIN!

MONTHLY TRIVIA CHALLENGE

Call us with your answers before the last Friday of the month and be entered into our PRIZE DRAWING!

1. On February 3, 1690, the first paper money in America was issued in the colony of which state?
2. Which country was founded on February 2, 1536?
3. The first 45 RPM vinyl record was released on February 2 of what year?
4. Sears, Roebuck opened its first store on February 2 in what year?
5. What US President was born on February 6, 1911?
6. Who received the first patent for a self-starting automobile engine on February 8, 1916?
7. Who invented the first Valentine's Day candy box?

AT-HOME EXERCISE

Try this simple exercise to help strengthen your pelvic floor muscles.

Exercises copyright of
TARA SimpleSet Pro



Pelvic Tilt On Floor

Lay on the floor with your knees bent and facing the ceiling. 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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PATIENT SPOTLIGHT



"ARC changed my life! I fell about 8 years ago on my tailbone and my body adjusted (incorrectly) to deal with the pain. I tried years of PT, chiro, salt baths, acupuncture, custom insoles, red light therapy, therapeutic massage, PRP treatments, yoga, cortisone injections, etc and through a follow up doc visit with Hinsdale Orthopaedics, I was referred to ARC. ARC's 1:1 personal approach and deep dive into my specific issues provided a targeted plan based on my progression after each visit. I was in horrific hip, back & sciatica pain (walking, sitting, driving, standing) and received immediate relief (relative) but knew I needed long term fixes in retraining my muscles to lessen the pain and to avoid this pain in the future. Courtney is AMAZING! This wasn't a boxed or packaged plan — Courtney dealt specifically with my many issues and prioritized them — starting slow — at the root/core — literally my core — of the problem. She started me with the smallest little exercise - one tiny little exercise — and she added 1-2 new exercises each week. I religiously followed her instructions and within weeks I had less and less periods of pain. After months, I still follow her exercise plan and feel I am becoming stronger each day. Courtney literally RE-built me from the inside out. She is amazing and I'm so glad I didn't give up and found ARC. I again love walking, bike riding, yoga, Pilates (with care) and look forward to swimming and being fully active again. Thank you Courtney for sharing your talents with the world. I will be forever grateful." - Lynne F.



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MEET OUR STAFF



Brie Stevanovich Front Desk Associate

Brie started working for ARC in October 2021. She loves getting to meet new people and assisting them on their journey to better health!

Outside of the clinic, Brie is a group fitness instructor. She spends her evenings and weekends teaching beginner pole dance, yoga, and aerial hoop.

When she's not working or teaching, Brie loves to read, snuggle with her cats, and take the occasional road trip to Canada!



ARC MEDICALLY ORIENTED GYM: VIRTUAL OPTIONS AVAILABLE!

The M.O.G. is a fitness facility within our Westmont location. We offer a unique experience for those looking to create a long-term lifestyle change where guidance by Alex, our Exercise Physiologist, is always available. The Medical Gym is a great option for those who want safe and effective exercise programming. If you are nervous about a previous injury, crowded gyms, or aches and pains; we have you covered!

Please contact Alex by phone at 630-323-8646 or email her at Abohnstedt@arc-rehab.com with any questions or to sign up.

For our clients from our Orland Park clinic, the medical gym now offers virtual training options:

One in person assessment is required prior to training

ZOOM LIVE TRAINING

One on one virtual sessions done through your computer or phone in the comfort of your home.

TRAINERIZE APP

Already have a gym, but don't know what to do? Weekly individual workouts are uploaded to an app with instant feedback and support from our Exercise Physiologist.

COME BACK TO ARC PT!

- Has a pain returned?
- Are you suffering from a new pain?
- Do you want to start 2022 healthier, stronger, and more active?

If you answered yes to any of these questions you need to come back to ARC Physical Therapy Physical Therapy. Call us today!

Call for an appointment today and start your journey to a healthier, happier, pain-free 2022.

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