



NEWSLETTER

Your #1 Health and Wellness Resource

ARC-REHAB.COM



No Matter Your Gender, ARC Physical Therapy Can Help You Resolve Your Pelvic Issue!

HOW WELL DO YOU KNOW YOUR PELVIC FLOOR?

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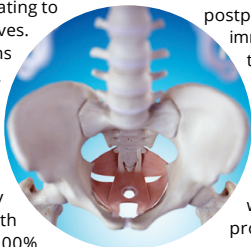


HOW WELL DO YOU KNOW YOUR PELVIC FLOOR?

Plenty of individuals go their entire lives without ever experiencing pelvic floor pain. However, many of us are not that lucky, and might find ourselves dealing with abdominal discomfort, incontinence, or post-surgical pain at least once in our lives.

At ARC Physical Therapy, we understand your pain and discomfort. We cater to the needs of all of our patients regardless of age, gender, or sexual identity. Our therapists can address many different disorders relating to the pelvis and its joints, muscles, and nerves. We evaluate and treat a variety of problems related to general pelvic pain, incontinence, pre and post-surgical gender reassignment rehabilitation, sexual dysfunction, and painful intercourse.

If you're dealing with pelvic pain or discomfort, contact ARC Physical Therapy today to speak with one of our pelvic health specialists about treatment. We're 100% committed to the health and recovery of all of our patients.



What Is The Pelvic Floor?

All people, regardless of gender, have pelvises, and therefore have pelvic floor muscles. Your pelvic floor is a group of muscles that lie at the bottom of your pelvis and surround your genitalia. These muscles support the rectum, bladder, and uterus, and are involved in sexual and reproductive processes. The pelvis is made stable by these muscles when they're working properly.

Who Can Pelvic Physical Therapy Help?

Many people think that pelvic physical therapy is only beneficial for pregnant women or women experiencing postpartum pelvic pain. While women do benefit immensely from pelvic physical therapy, they're not the only ones! Pelvic therapy can be beneficial to anyone regardless of age or gender identity.

ARC Physical Therapy specialists are trained to treat transgender patients as well. According to Pullman Regional Hospital, "pelvic health physical therapy is beneficial for individuals who have undergone gender affirmation surgical procedures." After undergoing reconstructive surgery, the muscular support of the pelvic floor is altered, and so function may be compromised. Seeing a pelvic floor specialist before and after your operation can speed up your recovery and improve your overall satisfaction with your results.

Continued inside.



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Pelvic floor therapy is also beneficial to men dealing with prostate issues, as this is a commonly experienced problem in the older male population. Men with prostate conditions are particularly susceptible to pelvic floor issues such as incontinence and sexual dysfunction. Physical therapy can help assess strength, endurance, flexibility, and motor control to bring lasting relief.

Reasons To See a Pelvic Health Physical Therapist

Pelvic pain symptoms can be stressful, embarrassing, and may limit your tolerance to daily activities. This list includes many symptoms and common conditions people with pelvic floor dysfunction may be diagnosed with:

- Nocturia (frequent need to urinate)
- Pelvic pain during intercourse
- Bloating and abdominal pressure
- Vaginismus
- Vulvodynia
- Post-surgical pain
- Prostatitis
- Dyspareunia
- Constipation or Irritable Bowel Syndrome
- Interstitial cystitis

If you're experiencing any of the above-mentioned symptoms or conditions affecting the functionality of your pelvic floor, or have recently undergone gender reassignment surgery, it's in your best interest to consult with a physical therapist to see if your pelvic floor is functioning properly.

How Does a Pelvic Health Physical Therapist Treat Pain?

Our pelvic physical therapists will conduct a thorough physical examination, assess areas causing you pain, as well as ask you questions about your medical history to make an accurate diagnosis.

Your physical therapist will want to know what movements and pressure levels increase or decrease your pain. Then they will develop a specialized treatment plan for your recovery so that you can relieve your symptoms and prevent recurring pelvic dysfunction. Common pelvic physical therapy treatments may include soft tissue mobilization and massage, spinal and joint manipulations, electrical stimulation modalities, and therapeutic exercises to restore strength, mobility, and endurance of pelvic floor muscles.

Contact Our Office Today

Pelvic pain doesn't discriminate, and neither should treatment. If you are struggling with pelvic pain, recovering from gender reassignment surgery, or frustrated with incontinence issues, it's time to take your discomfort to a specialist. Contact our office to learn more about how we can bring long-term pain relief from pelvic floor dysfunction.

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PEANUT BUTTER BANANA ICE CREAM



INGREDIENTS

- 2 medium bananas, peeled, halved and frozen
- ¼ cup natural peanut butter
- Unsweetened shredded coconut for garnish

DIRECTIONS: Place bananas and peanut butter in a food processor. Pulse and process until mostly smooth, stopping to scrape down the sides as needed. Garnish with coconut, if desired. Serve immediately.

Source: <https://www.eatingwell.com/recipe/258090/2-ingredient-peanut-butter-banana-ice-cream/>

HOME EXERCISE

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.



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BREATHING EXERCISE

Sitting Meditation

This time of year can be hectic but it is important to remember to take some time each day to just sit and focus on breathing and being calm. Try this mindful meditation below when you need a minute to clear your mind.

1. Sit up straight in a chair with your feet flat on the ground.
2. Place your hands in a balanced position and close your eyes.
3. Focus on your breathing. Try to breathe in and out for 3 seconds each.
4. After 1 minute (or longer if you need it), open your eyes and resume activities.

THE MOG DIFFERENCE

The M.O.G. (Medically Oriented Gym) is a fitness facility within ARC Physical Therapy in Westmont, IL.

I am getting results!

"I am a 73-year-old, former competitive soccer player and have pretty much worked out my whole life. Like all jocks, there are things I like to do — other things not so much. I am happy to run, walk, and cross train all day but I have weak ankles and knees and hate doing weights, strength training. I've started attending the MOG twice a week to provide the discipline I need and to get results. Alex is more than a professional trainer. Her four-year degree in exercise science takes my training to a different level. I'm not only doing exercises focused on my goals, but I'm also doing them properly. I'm doing them consistently and in a way that is progressively building strength and improving balance — both keys to staying active as I age. The gym offers a wide range of equipment which, as I have some medical constraints, has enabled Alex to give me exercises that meet my goals but keep me safe. By the way, did I say it's actually fun!" —IP

[CLICK HERE TO LEARN MORE ABOUT MOG](#)



Kathleen K.

Get to know Kathleen, one of our Pelvic Floor Therapists!

What made you want to be a Pelvic Floor Physical Therapist? After becoming a mom myself, I saw the lack of pelvic health information being provided to new moms and felt like I needed to be an advocate for women

What are your passions and hobbies outside of work life? Hanging out with my family, running, working out, and photography

Favorite Vacation Spot? The beach

What is one Pelvic Floor piece of information you wish you could share with everyone? That leaking is common but not normal!

COME BACK TO ARC PT!

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

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

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

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