

OSTEOPOROSIS PREVENTION & CARE

Osteoporosis is a "silent" disease that can adversely affect the lives of women. Physical therapy intervention can teach women appropriate exercise and body mechanics as a preventative for osteoporosis, and also as a means to diminish the rate of bone mass loss later in life. Appropriate physical therapy intervention can also teach women with osteoporosis or osteopenia appropriate strengthening and balance exercises to prevent falls that could lead to fractures. Exercises to correct posture can alleviate pain from compression fractures.

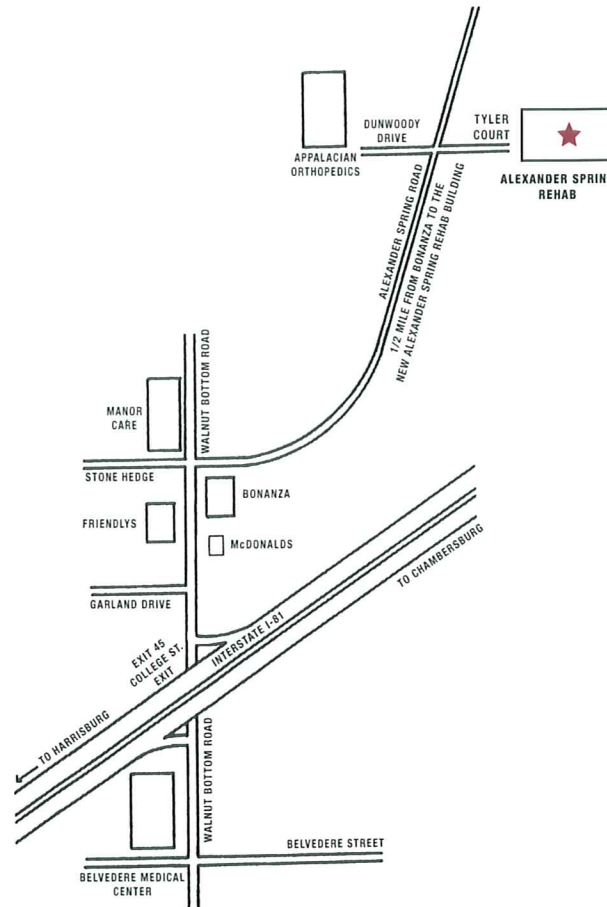
PRENATAL & POSTPARTUM BACK & SACROILIAC JOINT PAIN

The childbearing year can be stressful to a woman's body. Pregnancy causes postural changes and ligamentous laxity. Labor and delivery can result in musculoskeletal injury including tearing or episiotomy of the pelvic floor. C-sections result in decreased abdominal muscle function and, therefore, decreased support for the low back. Carrying, holding and lifting young children further stresses the spine.

Treatment for back and sacroiliac joint pain can include strengthening and flexibility exercises. Treatment options are instruction in body mechanics for childcare and joint mobilization to improve the biomechanics of the sacroiliac joint, sacrum, tailbone and back.

ABOUT OUR PROGRAM

The Women's Health Program at Alexander Spring Rehab is staffed by specially trained physical therapists providing one-on-one treatment in a comfortable, caring environment following a referral from your physician.



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Physical Therapy for Women's Health at



ALEXANDER SPRING REHAB

Individual Solutions for Every Body

Comprehensive Intervention For:

- Prenatal/postpartum Back Pain
- Osteoporosis
- Urinary Frequency
- Pelvic Pain
- Incontinence
- Lymphedema and Scar Management



URINARY INCONTINENCE

Many women of all ages can experience problems with urine leakage. The types of urine leakage treated include stress, urge and mixed incontinence.

Stress incontinence generally occurs secondary to pelvic floor muscle weakness with coughing, sneezing, going from sitting to standing, and sometimes with walking.

Urge incontinence (also known as overactive bladder) occurs with a sudden strong urge to void, which has you running for the bathroom. Your bladder has become in charge of you.

Mixed incontinence is when a person has both stress incontinence and urge incontinence.

URINARY FREQUENCY

Do you know the location of every bathroom in town? Do you limit what activity you do because you won't be near a bathroom? Normal voiding frequency is every 3-4 hours below age 65, and every 2-3 hours after age 65. Voiding frequency can occur alone, in conjunction with incontinence, or as part of a problem such as interstitial cystitis. It can be treated effectively with Physical Therapy.

PELVIC FLOOR PAIN

Pelvic floor pain can occur for many reasons, including prolapsing ("falling") organs, trauma including episiotomy scars, injury to the tailbone (coccydynia), pelvic floor tension myalgias, interstitial cystitis, vulvodynia (often associated with fibromyalgia), or with sacroiliac joint dysfunction.

YOUR INDIVIDUALIZED TREATMENT PROGRAM FOR URINARY INCONTINENCE, URINARY FREQUENCY AND PELVIC FLOOR PAIN MAY INCLUDE:

- A brief internal evaluation of pelvic muscle strength and evaluation of your urination habits.
- Biofeedback training for pelvic floor muscles.
- Instructions in techniques for bladder retraining, including techniques for controlling urge.
- An individualized exercise program for strengthening the pelvic floor and abdominal muscles.
- Joint mobilization to improve the biomechanics of the sacrum, back and coccyx.
- Myofascial release to increase the mobility of connective tissues, including scar tissue (from an episiotomy or other surgical incisions).
- Patient education regarding bowel and bladder irritants.
- Correct use of body mechanics for lifting, voiding, and defecation.

POST-MASTECTOMY LYMPHEDEMA AND SCAR MANAGEMENT

Lymphedema is the swelling which can occur after mastectomy secondary to lymph node removal or radiation resulting in impaired function of the lymphatic/fluid drainage system.

The approach used at Alexander Spring Rehab is comprehensive, addressing management of lymphedema through manual lymphatic drainage massage, compression including bandaging, sequential compression pump and garments, and individualized exercises. These interventions will improve the muscle pumping effect on the lymph vessels, increase venous flow, and increase ROM, strength, and endurance. Manual techniques, such as soft tissue mobilization, and myofascial release can be used to treat tight scar tissue.

