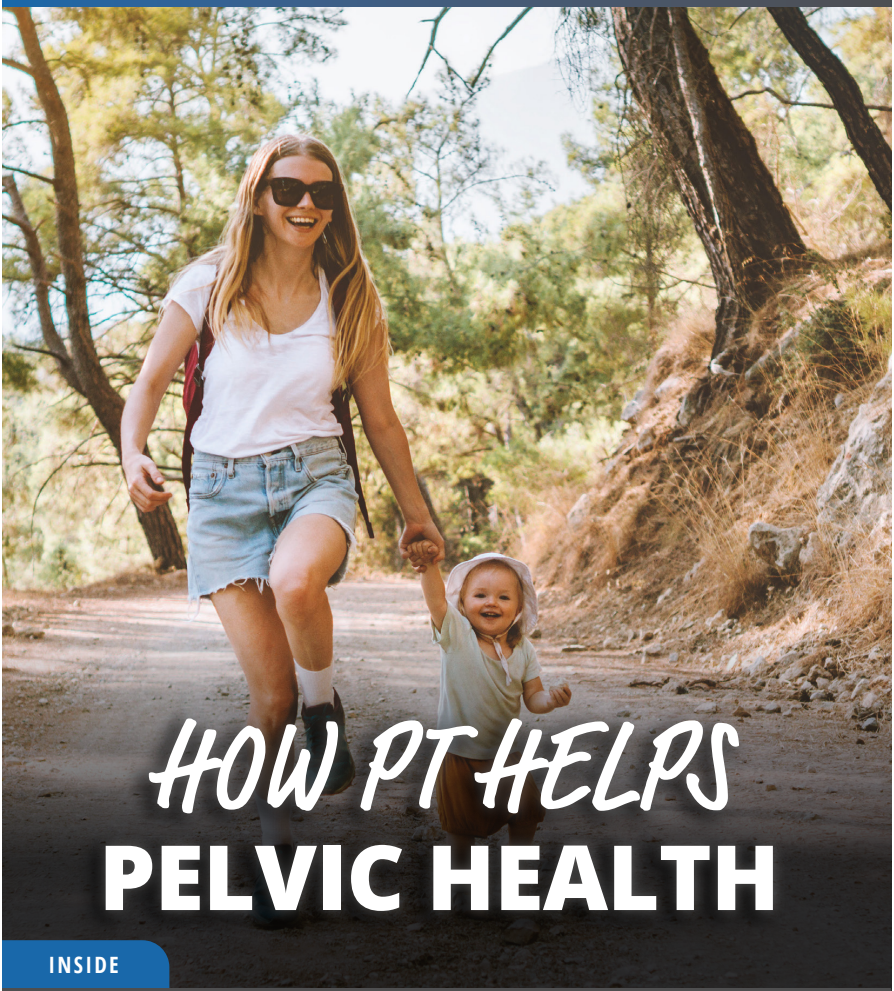
NEWSLETTER

Beyond
Physical Therapy

JUNE 2022



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Beyond Physical Therapy

NEWSLETTER
JUNE 2022
The Newsletter About Your Health & Caring for Your Body



HOW PT HELPS PELVIC HEALTH

Are you experiencing pain in your intimate areas? Have you struggled with incontinence? For some, it can be challenging to talk about these types of struggles. At Beyond Therapy & Wellness, 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 Beyond Therapy & Wellness, our team works with all types of problems affecting the pelvic region regardless of gender identity.

Request an appointment with one of our specialists so we can help you find relief!

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 supported by 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 bladder muscles resulting from pregnancy, childbirth, obesity, and aging
- Physical damage to your pelvic floor muscles from childbirth or surgery
- Damage to the nerves from health problems like diabetes and multiple sclerosis
- Enlarged prostate
- 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,

Continues Inside

Contact Beyond Physical Therapy today to find out how we can help you with your back pain

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Continued From Outside

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!

HOW PHYSICAL THERAPY CAN HELP

Our therapists at Beyond Therapy & Wellness 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 (endurance). 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:

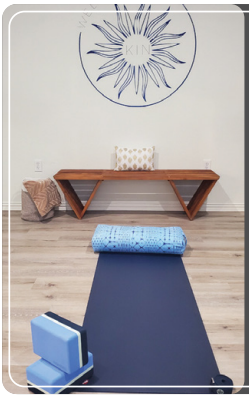
1. Soft tissue mobilization and massage of internal and external pelvic musculature to relieve muscle tension and provide pain relief
2. Pelvic floor muscle retraining to restore normal strength and endurance
3. Neuro-retraining (i.e., incorporating pelvic floor muscle activation during simulated daily activities)
4. Electrical stimulation modalities for pain relief and to restore normal neuromuscular activation of the pelvic floor muscles and nerves
5. 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.

REQUEST AN APPOINTMENT

At Beyond Therapy & Wellness, our physical therapists can help with incontinence, pelvic pain, and sexual dysfunction, whether your condition results from reconstruction surgery, abdominal surgery, prostate cancer treatments, pregnancy, or childbirth. No matter what it is, we most likely treat it.

Contact our clinic today and request an appointment with one of our pelvic floor specialists!



YOGA AVAILABLE!

Did you know we have a Yoga room? Kin Wellness is a full service yoga studio providing a wide variety of classes including short 30 minute Stretch, Meditation, Gentle, Vinyasa, Hatha, Prentatal and more. Yoga is a great option for managing chronic pain, and combating minor aches and pain that go along with daily life. The instructors are highly trained and ready to assist you throughout the class from beginner to expert. All equipment is provided including mats, blocks, and straps. Pre-registration is required please call our office or go to: www.vagaro.com/kinwellness.

PATIENT SUCCESS STORY

"The entire staff here was excellent and really focused on what my needs were."

"The entire staff here was excellent and really focused on what my needs were. The facility is beautiful and has a great location in Bedford. Their Covid protocol was top notch. I enjoyed having my therapy plan printed out each week so I could do my therapy at home too. The staff was very professional and worked each week teaching me how to rehab my hip and back so I could get back to my normal daily activities with very little pain." **-N.L.**

EXERCISE ESSENTIALS

SimpleSet Pro
www.simpleset.net

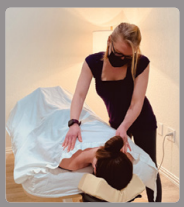
SIDELYING

Lie on your side. Place a pillow between your knees for support. Relax.

Always consult with your physical therapist before performing an exercise in order to relieve pain.



Now Offering Massage Therapy Appointments



Teagan Lamkin, PTA, LMT, CLT joined our office last spring. She knew from early on she wished to serve others through partnering in their healing and wellness through teaching and non-invasive means. After becoming a massage therapist in 2011, she worked in clinical and medical spa settings alongside chiropractors, doctors, and physical therapists. She has received continuing education in various modalities including orthopedic, sports, reflexology, prenatal, aromatherapy, and myofascial release. In addition, since becoming a PTA, she has received certification as a Lymphedema therapist (CLT). She enjoys learning from her clients their specific concerns and tailoring massage specific to their needs. We are excited to announce that she will now be offering massage here at Beyond Therapy and Wellness Physical Therapy! **Schedule an appointment for massage by calling 1.817.769.3691 or in person at our office.** Services are 45 or 90 minutes. Please arrive at least 10 minutes prior to your appointment time to complete intake forms and a pre-session interview.

THERAPIST SPOTLIGHT



Gina Ross, PTA, CLA has been a therapist for over 20 years. She loves spending time with her children, 5 year old grandson, husband and her mother who lives next door. Along with CrossFit, her family keeps her busy in all the best ways. Her love for people and serving others is evident in each person she works with. She has a passion for helping women return to a pain free, active life after breast cancer. As a breast cancer survivor, she has a deep understanding of the treatment path and what is needed for a full recovery. She has extensive training in breast cancer rehab and is a certified lymphedema therapist through the Norton school. She also has taken advanced coursework in pelvic rehab and is certified in dry needling. We are thankful to have such a strong, smart, empathetic soul as part of our team!

ARE YOU IN PAIN?
HAVE YOU SUFFERED AN INJURY?
ARE YOU LOOKING TO GET HEALTHIER, STRONGER, AND MORE ACTIVE?

If you answered yes to any of these questions, let us help you get pain free and meet your goals.

CALL BEYOND PHYSICAL THERAPY
1.817.769.3691

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