

Women's Health Program

"Specialty Care For Women, By Women"

Women's Health Program includes treatment of:

Urinary Incontinence

Pelvic floor and surrounding muscle strengthening and training; possible use of biofeedback and electrical stimulation, as well as functional training and conditioning. Teaching urge control techniques for decreasing urinary frequency.

Pelvic Pain Treatment

Relaxation, use of biofeedback or pain reducing modalities. Musculoskeletal and biomechanical assessment of the hips/pelvis and lower extremity components to find causes and compensation related to symptoms.

Lymphedema

Lymphedema treatment is based on the Complete Decongestive Physiotherapy methods which consist of:

- a) manual lymph drainage (MLD)
- b) compression therapy utilizing short stretch bandages for Phase I and custom garments for Phase II
- c) exercise
- d) skin care
- e) self-MLD and bandaging for maintenance.

Cheryl completed training in 1996 for Manual Lymph Drainage, Vodder soft tissue techniques, and Complete Decongestive Physiotherapy.

Pregnancy-Related Problems

Physical therapy treatment for pre-natal/post-natal patients with back pain, carpal tunnel, or other pregnancy-related conditions.

Osteoporosis

Strengthening trunk muscles, learning correct body mechanics and techniques for everyday activities.

Fibromyalgia

Stretches, strengthening, and aerobic exercise, as well as education on ways to simplify tasks; modalities as needed.

Temporomandibular Dysfunction

Patient education regarding contributing factors; habit modifications and self care instructions to promote healing and long term management. Individualized exercise programs and modalities to decrease muscle spasm/inflammation and increase range of motion.

Vestibular Disorders

Vestibular Rehabilitation Therapy (VRT) is designed to address balance, dizziness and the overall fitness of a patient. Some of the conditions that can benefit from VRT include: BPPV (positional vertigo), Ototoxicity, Menieres Disease, Peripheral Vestibular Dysfunction (bilateral and unilateral), Vestibular Labyrinthitis, Neurologic Disorders (stroke, brain injury and MS), Acoustic Neuroma and Vestibular Migraine.

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