

Restore Your Balance

Have you ever wondered:

“Why do I leak urine when I cough, sneeze, jump?”

“Why do I have to urinate so frequently and then barely make it to the bathroom without leaking?”

“Why does my bladder give me a sudden strong urge to urinate but just a little comes out?”

“I feel heavy pressure, like something is falling out.”

Services are offered for many types of bladder dysfunction and pelvic organ prolapse to help you regain control and get rid of those pads. Symptoms of bladder dysfunction and pelvic organ prolapse are correctable with Restoring Your Balance. Education of behavioral and dietary modifications, treating pelvic and abdominal muscle dysfunction through hands-on treatment, and strengthening of pelvic floor muscles can regain your freedom from bladder dysfunction and pelvic organ prolapse.

Post-partum

Since having my baby:

“Sex is painful.”

“Sex hasn’t been the same.”

“I have not been able to strengthen my abdominal muscles.”

“The scar from my tear or cut hurts.”

“I leak a little when I sneeze, cough, jump, or run.”

No one talks about the changes to your body after the baby. It is very important to restore normal function to your muscles following child-bearing and birth (no matter if you had a c-section or vaginal delivery). Women’s Health Physical Therapy helps to not only restore function and relieve symptoms, but to also prevent possible future problems with your health. *Even if your kids are older or grown now, you can still benefit.*

Bowel Dysfunction

Have you been embarrassed about:

Losing stool on the way to the bathroom?

Not being able to empty your bowel completely?

Not being able to control passing of gas?

Going between constipation and diarrhea?

Having painful spasms, in the rectum or tailbone?

There are various types of bowel dysfunction that can be helped with pelvic rehab. Restoring Your Balance Physical Therapy can help you identify the problem and get things moving in the right direction again.

Sexual Dysfunction

Are you uncomfortable telling your doctor:

“Sex is painful.”

“Since menopause or hysterectomy, I’m not interested.”

“I am unable to climax.”

If you have sexual pain or dysfunction, there is something you can do about it. It is often a result of pelvic floor muscle dysfunction. These muscles can cause pain and other difficulties with intimacy when there is spasm or weakness present. Restoring healthy muscles means restoring your intimate life again.