

PHYSICAL THERAPY FOCUSED ON WOMEN'S PERSONAL HEALTH

PHYSICAL THERAPISTS OFFER ADVANCED TOOLS FOR MANAGING WOMEN'S HEALTH ISSUES

Providing more conservative, first line therapy for female personal health and pelvic issues, Chesapeake Urology's women's health physical therapists utilize advanced techniques for effective treatment, including:

- Extensive evaluation of female pelvic floor disorders
- Patient education on proper diet, breathing, daily fluid intake and toileting postures
- Manual therapy to include: strain/counterstrain, positional release, scar mobilization, MFR, trigger point releases, fascial releases, neural tension stretching
- Electrical Stimulation-internal and external
- Therapy modalities include heat, ICE, US
- Extensive home education program including patient education and resources for further information

Chesapeake Urology physical therapists specialize in the evaluation and treatment of women's personal health conditions. An integral part of the healthcare team, women's health physical therapists are experts in non-surgical and non-medication therapies for the treatment of women's pelvic and urological disorders.

WHAT TYPES OF WOMEN'S HEALTH CONDITIONS DO PHYSICAL THERAPISTS TREAT?

Patients who are referred to women's health physical therapists have conditions that include:

- Stress incontinence and overactive bladder/urge incontinence
- Urinary urgency and frequency
- Pelvic organ prolapse
- Pelvic pain related to such conditions as endometriosis, birth trauma with and without nerve damage, sexual trauma, interstitial cystitis, chronic pain after UTI, pudendal neuralgia and pain with intercourse
- Chronic urinary tract infections
- Pre-partum/postpartum pain and dysfunction

Chesapeake Urology's experienced physical therapists also provide non-surgical treatment for complex conditions including patients with spinal cord injuries, musculoskeletal issues and patients with neuromuscular disorders including Parkinson's disease and multiple sclerosis.



MEET CHESAPEAKE UROLOGY'S PHYSICAL THERAPY TEAM

Carla Carpenter-Breeding, MPT

Director of physical therapy

Lindsay Rothermel, DPT

Physical therapist



Areas of specialty: Pelvic floor dysfunction including pelvic floor muscle strengthening and rehabilitation, urinary incontinence therapy and biofeedback, external and internal manual therapy, pelvic alignment and posture

Speak with a Chesapeake Urology physical therapist about expert therapy for women's personal health conditions or visit us on the web at www.chesapeakeurology.com.

877-771-9508