

## Common Symptoms

- Pelvic pain
- Urinary incontinence
- Prolapse
- Back pain
- Groin pain
- Abdominal weakness
- Weak pelvic floor muscles
- Painful intercourse
- Overactive bladder
- Nerve Pain
- Coccyx pain
- Painful periods

**Although these symptoms are common, they are not normal. Physical Therapy may be able to resolve these symptoms**

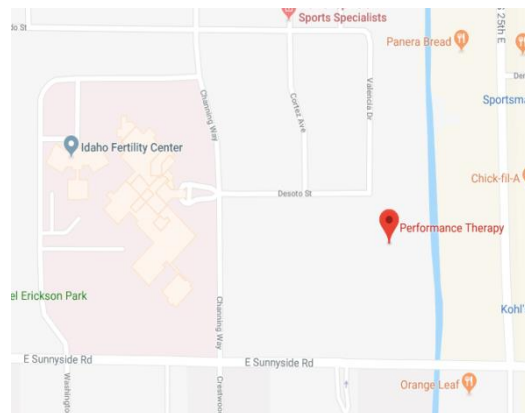
## Who We Are

*We are committed to providing expert care to help you achieve your goals, improve your function, and restore your confidence in a caring, comfortable, patient centered environment*

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**Pelvic Health  
Physical Therapy**

## Incontinence

Millions of women experience pelvic floor dysfunction which can lead to incontinence with simple activities such as coughing, sneezing, walking, and general exercise, significantly impacting one's quality of life. Physical therapy may help you regain control with retraining of the bowel and bladder and education on pelvic floor function. Our physical therapist is specially trained to evaluate and treat incontinence and related pelvic floor dysfunctions.

## Pelvic Pain

Pelvic pain is a complex problem, often affecting the patient for many years before seeking health. The pain can be associated with pelvic dysfunctions including incontinence, constipation, and sexual dysfunctions. Pain in the pelvis or surrounding lumbosacral region can be caused by muscle weakness, tightness, spasms, and/or scar tissue. The goal of physical therapy is to normalize the pelvic floor and surrounding muscle tone, motor control, and strength using various techniques such as ultrasound, electrical stimulation, biofeedback, manual therapy, strengthening programs, and extensive education.

## Prenatal/

## Postpartum Care

Child bearing years should be an exciting time in a woman's life. Hormonal changes and the growing uterus can affect the musculoskeletal system leading to low back pain, sacro-iliac pain, pelvic discomfort, incontinence, leg pain/numbness, postural changes, and potential muscle imbalances. Physical therapy can be effective at managing these symptoms in both the prenatal and postpartum periods. Postpartum treatment can also address diastasis recti, cesarean section incision management, pelvic floor re-training, and a guided return to activities including sports.



## Getting Started

As a new patient, you will receive a thorough evaluation and one-on-one discussion with your physical therapist in a comfortable environment. This will include a musculoskeletal examination as well as an internal pelvic floor examination if appropriate. Each visit will be approximately 45-60 minutes. Please arrive 15 minutes prior to your scheduled appointment on the first visit. You and your therapist will develop a customized treatment plan. All treatments take place in a private room by a female physical therapist trained specifically in pelvic health physical therapy.

