

WHY WE'RE DIFFERENT...

At ProRehab we utilize Rehabilitative Ultrasound Imaging (RUSI) to give instant visual feedback to the patient and therapist.

Research demonstrates that by using Rehabilitative Ultrasound Imaging as a form of visual biofeedback we can facilitate our patients' ability to learn to control the muscle activity of their stabilizing muscles, to improve proprioception, and to speed up the motor learning process involved in retraining pelvic floor, transverse abdominal and multifidus muscles.

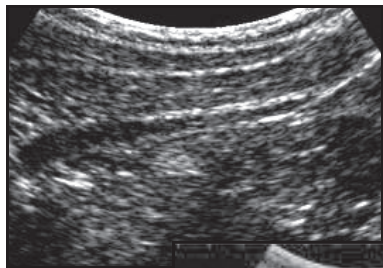


Image of the lateral abdominal wall

Image of the bladder and pelvic floor muscles



A full musculoskeletal and pelvic floor evaluation by a licensed physical therapist will determine the plan and course of treatment.

Physical Therapy Evaluation may include:

- Complete review of your related medical history and current symptoms
- Physical exam of your pelvic floor muscle strength and coordination
- Bladder/bowel diary assessment
- Screening for postural and lower extremity flexibility deficits that may contribute to incontinence, constipation, and/or pain.



ProRehab
7300 E. Indiana Street, Suite 102
Evansville, Indiana 47715
Ph: 812.476.0409 • Fax: 812.476.1016
www.prorehab-pc.com



Pelvic Floor Rehab

Physical Therapy for the Lumbopelvic Region



Helping You Regain Control

Helping men and women regain control over their bodies is the number one priority of care – whether it be overcoming chronic pelvic pain, painful intercourse, loss of bladder or bowel control, constipation, or pain and dysfunction during and after pregnancy.



Lisa Kiesel, PT, DPT
Pelvic Floor Specialist
lisa@prorehab-pc.com

Urinary & Bowel Incontinence

Incontinence is the loss of bladder or bowel control resulting in the leakage of urine or stool. One cause may be pelvic floor weakness with subsequent loss of the muscular support for the bladder, uterus or rectum.

Education and training in proper habits (diet, toilet positioning and use of muscles for control of bowel movements or gas) is provided as well as individualized pelvic floor exercise (Kegel) instruction based on the assessment of your muscles. Treatment can include biofeedback, a progressive exercise program and/or pelvic muscle electrical stimulation to retrain the muscles for essential control and support of the internal organs.

Pelvic & Anorectal Pain

Pelvic pain or tension in the muscles that support the bladder, uterus, and rectum may cause difficulty in sitting, pain during intercourse, constipation, or pain in the hips or lower abdomen. Evaluation & treatment of the muscles with biofeedback, soft tissue mobilization, muscle stretching and muscle stimulation for pain relief is provided. Treatment can include education & training about pelvic floor muscle function with emphasis on relaxation, correcting postures and body mechanics that may aggravate pain.

Constipation & Incomplete Emptying

Education on the role of the pelvic floor muscle functions when emptying the bowels is provided. Treatment sessions focus on teaching coordination, relaxation, and strengthening of these muscles. They also include instruction in proper toileting postures and behavioral activities that can affect this condition.

Sacroiliac, Tailbone, Hip, & Low Back Pain

Assessment of joint mobility and stability,

flexibility, muscle strength and coordination, movement patterns and posture are performed. Treatment includes manual therapy, therapeutic exercises, and home exercise program instruction. These conditions often occur concurrently with pelvic floor problems.

Obstetrical Dysfunction

Pregnant women often suffer from pain in the back, shoulder blades, wrists, groin area and feet due to hormonal, weight, and postural changes. These problems may arise during pregnancy or after delivery. Maternity supports, manual therapy, strengthening exercises, and postural retraining are common treatments.

Painful Intercourse

Scarring to the perineum from traumatic childbirth, episiotomy or radiation can cause tight pelvic floor muscles and contribute to painful sexual activity and other pelvic pain conditions. Special training is provided for pelvic floor muscle control, stretching and relaxation.