



## EXCEPTIONAL PREGNANCY AND POSTPARTUM CARE

Our women's health physical therapists are specially trained to help women prepare for labor and recover afterwards. They will educate you on the changes your body will go through before, during and after pregnancy. HRRMC's Family Birthing Center is one of the few birthing centers in the nation that offers physical therapy services to all of our mothers postpartum.

Our therapists have completed advanced coursework and rigorous testing in pelvic floor physical therapy.



**Sarah Hudelson, PT, DPT**  
**Specialties:** Pelvic floor physical therapy for men and women, pregnancy and postpartum support, urinary dysfunction, perimenopausal support, athletic injuries



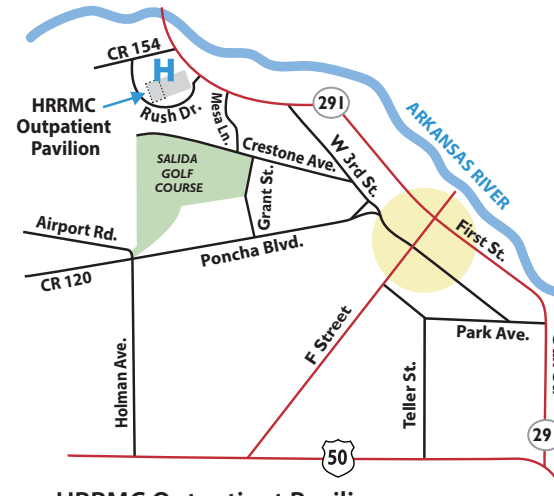
**Ann Croghan, PT, DPT, CLC, CAPP-OB**  
**Specialties:** Pelvic floor physical therapy for men and women, pregnancy and postpartum support, urinary dysfunction and pain



**Allie Hammond, PT, DPT**  
**Specialties:** Pelvic floor physical therapy for men and women, outpatient orthopedics, certified mental health first aid, basic life support instructor

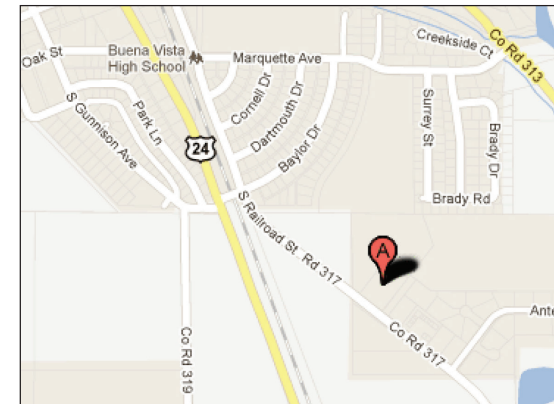


**Laura Williams, PT, DPT**  
**Specialties:** Pelvic floor physical therapy for men and women, chronic pelvic pain, sexual dysfunction, urinary incontinence, yoga for pelvic pain, pregnancy and postpartum support



**HRRMC Outpatient Pavilion**  
1000 Rush Drive, Salida, CO 81201  
Phone: 719-530-2040 • Fax: 719-530-2041

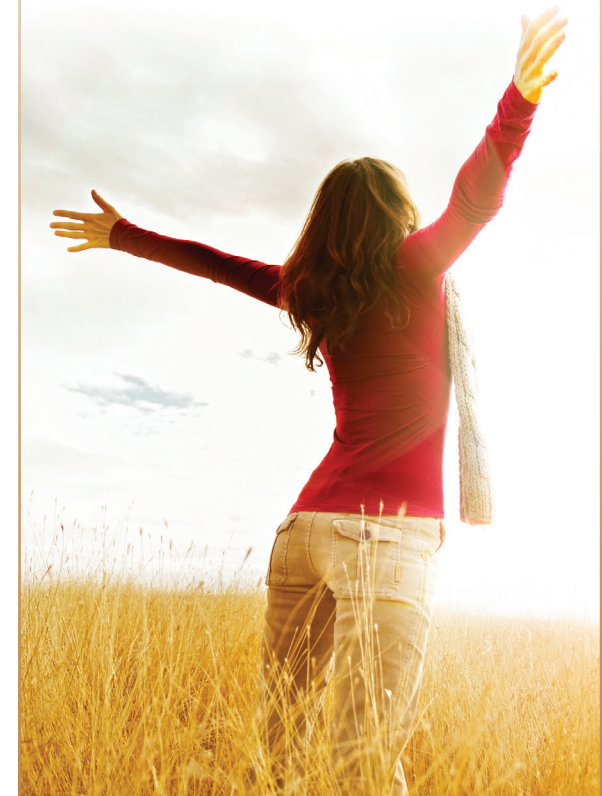
The HRRMC Outpatient Pavilion is attached to the hospital but has a separate entrance. Patients will check in for their appointment in the Outpatient Pavilion, not at the hospital's main registration desk.



**HRRMC Buena Vista Health Center**  
28374 County Road 317 • Buena Vista, CO 81211  
Phone: 719-395-9048 • Fax: 719-395-6348



## PHYSICAL THERAPY FOR WOMEN'S HEALTH



# WOMEN'S HEALTH AND PELVIC FLOOR PHYSICAL THERAPY

Women experience unique problems that may be helped by physical therapy:

- Back pain and other problems that occur during and after pregnancy.
- Urinary leakage and fecal incontinence resulting from weakening of the pelvic floor muscles and years of habit.
- Gynecological issues occurring in women of all ages.
- Biomechanical challenges and injuries unique to female athletes.

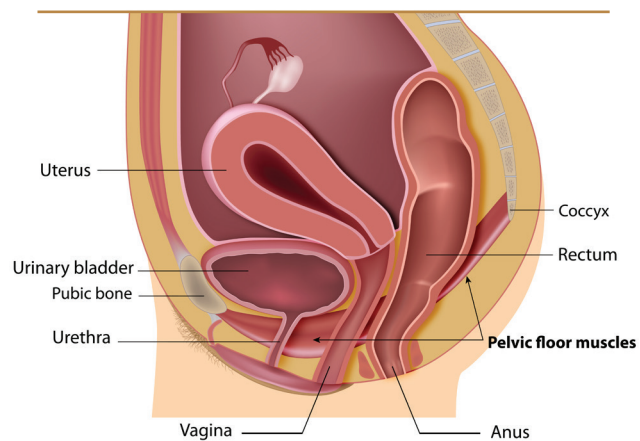
Working with a pelvic floor physical therapist can help resolve these issues and improve your quality of life.

## WHAT TO EXPECT ON YOUR FIRST VISIT

You will have a private, in-depth evaluation with a specially trained pelvic floor physical therapist. The evaluation includes your medical history, a movement analysis, and an assessment of your posture, muscles and nerves. For patients with pelvic floor dysfunction, vulvar pain, pelvic pain and/or leakage (incontinence), an internal exam may be performed to optimize your outcome and recovery time.

## WHAT IS THE PELVIC FLOOR?

The pelvic floor is a group of muscles that help to support your pelvis, hips, spine and internal organs. Just like other muscles of your body, dysfunction may result from injury or incorrect use. It is important to keep these muscles healthy and functioning properly.



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A specially trained pelvic floor physical therapist can treat a wide variety of conditions. The therapist will work with your primary care physician and other specialists—such as your gynecologist, OB-GYN, urologist, gastroenterologist, orthopedist, pain physician, oncologist and plastic surgeon—to coordinate your care.



## SERVICES

### ■ Pregnancy and Postpartum Care

- Mid- and lower-back pain
- Numbness or tingling in the arms or legs
- Foot pain and swelling
- Carpal tunnel syndrome
- Labor preparation
- Postpartum recovery and return to pre-pregnancy body

### ■ Gynecological Care

- Pelvic pain
- Pelvic muscle weakness
- Osteoporosis
- Pain from endometriosis
- Pain with intercourse
- Prolapse, pelvic-organ prolapse

### ■ Incontinence Management

- Urine loss associated with pressure and activity
- Urgency and frequency of urination
- Fecal incontinence and constipation

### ■ Treatment for Hip, Back and Pelvic Pain

### ■ Abdominal Care

- Pain from abdominal surgery, scarring or unknown reasons
- Hernias and recovery from hernia repairs
- Irritable bowel

### ■ For Female Athletes

- Exercise-induced incontinence
- Injuries related to female biomechanics and anatomy
- Core stabilization to enhance athletic performance



## TREATMENT

### ■ Education

- Muscle anatomy and function
- Problems of pregnancy, childbirth and menses
- Postural training and body mechanics
- Care of perineal or abdominal scars
- Bowel/bladder training
- Counseling in splints, orthotics and maternity back supports

### ■ Exercise

- Stretching
- Individualized exercise programs to increase function, strength and flexibility
- Home exercise program

### ■ Pain Relief

- Myofascial and soft-tissue release techniques
- Joint mobilizations
- Ultrasound and electrical stimulation
- Trigger point release and/or dry needling
- EMG biofeedback