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Are You In Need of Pelvic Floor Therapy?

Health & Wellness Newsletter

Have you been experiencing pain or discomfort in your pelvic region? Are your daily activities being disrupted by pelvic pain? Have you recently given birth or are currently pregnant? At Compleat Rehab & Sports Therapy, we understand how difficult and uncomfortable it can be to manage pelvic pain.

If you're searching for relief, know that pelvic floor therapy can help relieve symptoms of pelvic dysfunction and improve muscular strength! Pelvic floor rehabilitation aims to alleviate current pain while preventing it from recurring or worsening in the future.

Understanding The Pelvic Floor

Pelvic pain is no joke. The pelvic area is an important part of the body that serves many purposes. Pelvic pain can happen at different points throughout your menstrual cycle, during pregnancy, after giving birth, and even as a result of an underlying condition. Some pelvic conditions may also result in painful intercourse or infertility issues.

Dealing with pelvic pain alone can be very confusing and scary, but luckily, it can be addressed and possibly fixed through pelvic floor rehabilitation. Some of the most common pelvic conditions that our physical therapists treat include postpartum pelvic pain, pain following abdominal surgery, dyspareunia, and endometriosis.

Pelvic floor rehabilitation is a type of physical therapy that has been demonstrated to help with a range of pelvic pain-related issues. While many people believe that this type of therapy is exclusive for women, it is actually beneficial to all genders!

Are You Pregnant? Here's Why You Should Consider Pelvic Floor Therapy

Are you expecting? For most women, pregnancy is a happy time, filled with excitement! However, the body goes through a lot of changes as it grows an entirely new human. Pregnant women's postures change, they experience more pelvic floor stress, and their ligaments stretch and thicken. Some of these changes can be uncomfortable, even painful.

Urinary incontinence and difficulty activating core muscles can also occur as a result of newfound back pain, pelvic floor issues, and muscular weakness. Thankfully, pelvic floor therapy can help your body adjust to these changes.

Compleat Rehab & Sports Therapy employs a variety of approaches, including massage therapy and pelvic floor treatment, to make pregnancy and delivery as painless as possible. The goal at our physical therapy clinic is to prepare your body for the journey ahead so you can concentrate on preparing to welcome your new baby into the world!

Stop letting pain get in the way. Give us a call or visit CompleatRehab.com today!



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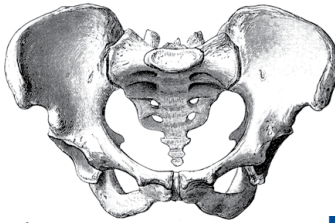
Why Is Pelvic Floor Physical Therapy Important Postpartum?

Whether you deliver vaginally or via c-section, your pelvic floor physical therapist is an essential part of your postpartum recovery team. You will most likely need their assistance for your body to recover quickly and correctly.

The American College of Obstetrics and Gynecology (ACOG) now recommends a routine physical therapy consultation after 6 weeks postpartum, but unfortunately, this is not yet the norm. Pelvic floor physical therapy is vital in preventing and treating many pelvic disorders such as pelvic organ prolapse, urinary conditions, pelvic pain, and diastasis recti (abdominal separation).

During pregnancy and delivery, our bodies go through a lot. Muscles are stretched, joints are strained, scar tissue is made, and our bodies physically change. Areas of our body most affected include the pelvic floor, the joint in our pelvis and lower back, and abdominal/core muscles. A pelvic health PT has specialized training in assessing and treating postpartum women.

Even if you aren't experiencing any urinary incontinence or pain, it is still beneficial to work with a pelvic health PT to learn how to restore your muscles to avoid future problems. Childbirth is a major risk factor for incontinence and pelvic organ prolapse.



A pelvic health physical therapist can also help you safely return to your postpartum fitness goals. If done too early or improperly, certain exercises will worsen issues such as DRA or prolapse. A pelvic health PT can help coach you through the safest practices for your body to allow you to return to what you love doing!

Ready To Resume The Life You Love? Contact Compleat Rehab & Sports Therapy Today!

If you're experiencing pelvic pain as a result of pregnancy, childbirth, or any other underlying condition, don't hesitate to contact Compleat Rehab & Sports Therapy for relief.

Our physical therapists are experts in pelvic floor rehabilitation and can help ease your pain and discomfort. Ready to get started? Contact our physical therapy clinic today!

***Our following locations offer pelvic floor services
- schedule your appointment today!***

Gastonia – Rebecca Stubbs
Mint Hill – Khyati Merchant
South Charlotte – Nicole Dudney

How PT Can Help You Manage Your Neurological Condition

Are you or a loved one dealing with a neurological disorder such as Parkinson's disease, stroke, or multiple sclerosis? Conditions of the nervous system can radically change a person's life, livelihood, and independence.

It is no secret that neurological disorders can be limiting and debilitating, forcing you to develop new coping mechanisms. While this can be frustrating, physical therapy can help you improve your function and get back to living your life on your own terms!

Our skilled team is composed of trained rehabilitation professionals who can assist with the evaluation and treatment of adult neurological conditions. Give Compleat Rehab & Sports Therapy a call today to schedule an evaluation.


What Will I Gain From Physical Therapy?

First, our team of specialists will perform a complete evaluation, including disease-specific assessments. Medical history and diagnostic information will be reviewed so that we can work with the patient and family for a comprehensive treatment plan. Your therapist will create a customized treatment plan specifically for your needs.

Treatment may include the following:

- Mobility training with an appropriate assistive device, for example, a walker or wheelchair
- Home modifications and equipment for activities of daily living
- Feeding therapy to make eating safer and more efficient
- Therapeutic exercises to strengthen weak muscles
- Augmentative communication assessment and training

The goal of PT is to promote as much independent living as possible, maintain range of motion, improve strength in the upper body and postural muscles, fit and coordinate adaptive equipment, as well as work with training family or assistants in proper safe transfers. Our therapists work closely with you and your family to perform thorough assessments of your capabilities and formulate a treatment plan that will maximize your function.

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Child's Pose

While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and or buttocks.

Compleat Rehab
and Sports Therapy

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Stop letting pain get in the way. Give us a call or visit CompleatRehab.com today!