

Why Physical Therapy?

Evidence shows that pelvic health training should be offered as a first-line therapy to people with stress, urge, or mixed urinary incontinence (Wilson 2005).



"While unsure I was determined to try physical therapy after my third child to help with stress incontinence. I think PT, besides just the physical work on scar tissue, did more to educate me on how to control very specific muscles that were just no longer strong. It required me to work and build strength and showed me the methods to achieve this. Specifically I felt Morgan was really instrumental in helping me make the connections I needed to get better.

Amanda H.

"I can say that Morgan's knowledge is reassuring and she will help you to understand the benefits therapy can offer. Once in treatment she is thorough and effective. I recommend pelvic PT treatment for anyone in need, especially for those with back and pelvic pain during pregnancy and I also highly recommend Morgan as a Pelvic PT Therapist.

- Ashley B

Patients may benefit from physical therapy if they are experiencing:

- Accidental leakage of urine when coughing, sneezing or laughing
- The need to urinate frequently or all of a sudden, uncontrollable urge to urinate
- Pain in the pelvic region
- Sexual dysfunction including pain during sex
- Scar tissue concerns
- Pre- and post-partum related issues including back pain, diastasis recti and sciatica
- Organ prolapse
- Colorectal conditions and constipation
- Fecal incontinence
- Coccyx disorders

Diagnostic and treatment procedures may include:

- Manual therapy
- Biofeedback training for incontinence
- Pelvic floor exercises
- Transverse abdominus stabilization exercises
- Bladder diary
- Diet education
- Behavioral techniques
- Postural education and functional training
- Relaxation techniques
- Pilates for core strengthening

What to Expect at Your First Visit

Once you have met with the Doctor and its determined that pelvic physical therapy is right for you then your PT evaluation will be scheduled via our office.

Your first visit with our pelvic health physical therapist will be an evaluation of your current condition and issues. This will include a thorough review of your medical history and questions about your eating, drinking, voiding, and sexual habits as they relate to your symptoms. Your posture, hip, abdominal, and pelvic floor muscles will be assessed for contributing factors such as weakness, tightness, or strain. This may include an external as well as internal exam.

Cost Expectations

While most insurance companies cover pelvic physical therapy, it may be subject to your deductible and co-insurance which would require an out of pocket amount to be paid at your visits.

Our office will do our best to determine your financial responsibility prior to your first appointment, but please be aware you may also be billed for any amount that is not covered by insurance.



Morgan Bryant, DPT

Morgan Bryant earned her doctorate in physical therapy at The University of Tennessee Health Science Center in 2008 and serves as adjunct professor. During her career she has specialized using the Herman and Wallace training for pelvic rehabilitation and trained in the treatment of pelvic floor dysfunction, as well as pre- and postpartum impairments. She is from Memphis and enjoys spending time with her husband and two small children. She also enjoys being active at church, and physical fitness.

For more information:

www.ecenterforwomen.com

Engbretson Center for Women

Dr. Laura Engbretson

Dr. Shannon Riedley-Malone

756 Ridge Lake Blvd. Suite 228

Memphis, TN 38120

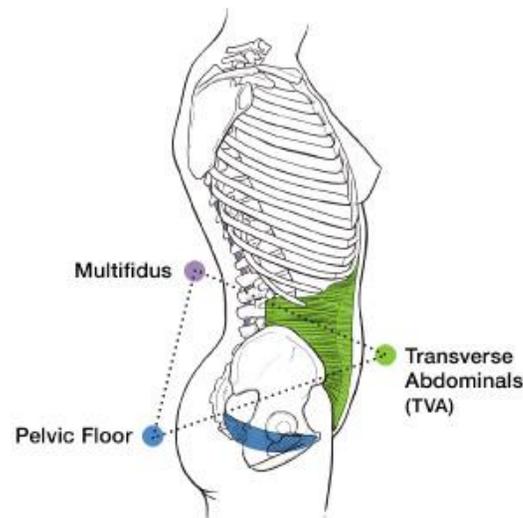
901-522-6910 (main)

901-522-6911 (fax)

What Does A Pelvic Health Physical Therapist Do?

Weak or damaged pelvic floor muscles often contribute to incontinence or pelvic pain due to childbirth, aging, or illness. Pelvic pain and bowel or bladder control problems may improve with physical therapy as you strengthen and retrain the pelvic floor muscles. Pelvic health physical therapists have received **specialized training which will benefit individuals** with a variety of medical conditions, including: **pelvic pain, incontinence, pre- and postpartum pelvic pain, pre- and post-gynecological surgery, and coccyx (tailbone) pain.**

Physical therapy for incontinence and pelvic floor pain could include biofeedback, bladder retraining, strengthening and conditioning programs. There will also be a focus on education to improve control of pelvic floor muscles.



Pelvic Health Therapy at



Inform your Doctor if you think Pelvic Physical Therapy might be right for you.