

PELVIC FLOOR THERAPY **COULD CHANGE YOUR LIFE**

INSIDE:

- What To Expect From Pelvic Floor Therapy
- Patient Success Spotlight
- Relieve Pain In Minutes

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TODAY TO SCHEDULE
AN EVALUATION!
DETAILS INSIDE

Peak Performance Acknowledges

International Women's Day

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- What To Expect From Pelvic Floor Therapy
- Patient Success Spotlight
- Meet Our Pelvic Floor Therapists

Pelvic pain is no joke. The pelvic area is an important part of the body that serves many purposes, especially for women. 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.

Take a look at the following reasons for pelvic floor pain:

Why Am I Experiencing Pelvic Floor Pain?

- **A recent abdominal surgery.** If you are recovering from a recent abdominal surgery, pelvic floor rehabilitation can assist with breaking up scar tissue, improving strength, and regaining range of motion in your abdomen/pelvic region.
- **Endometriosis.** Endometriosis is a condition many women suffer from without even knowing it. This condition can affect the bones, muscles, ligaments, and nerves in the pelvic region and cause excess scar tissue. Pelvic floor rehabilitation can help reduce the pain and bloating that you may be experiencing with endometriosis, in addition to strengthening the pelvic floor muscles.



- **Urinary leakage or frequency.** If you're struggling with urinary incontinence, a physical therapist can help determine the root of your problem. Instead of simply treating the symptoms, your physical therapist can focus on the cause and focus on strengthening the muscles under your bladder. This will help treat and eliminate your incontinence issues.
- **Constipation.** Pelvic floor therapists can loosen and relax the muscles in your pelvic and anal areas, which can help relieve and eliminate constipation.
- **You recently had a baby.** After giving birth, it is common for new mothers to experience strained muscles and/or connective tissue damage in their pelvic floor. Pelvic floor rehabilitation helps with postpartum pelvic pain, in addition to strengthening and restoring any damaged muscles or tissues.



Jill Marlan
PT, MSPT, OMPT, CSCS
CEO & Founder of Peak
Performance

A MESSAGE FROM THE CEO

While pelvic physical therapy sounds unusual and invasive, it is highly effective and often under prescribed. Both men and women can benefit greatly from the skilled care of a trained pelvic floor specialist. The fact of the matter is that many of us have been going through life thinking we just have to deal with these symptoms and that it is a normal part of aging, postpartum, or post-surgery. That is just not true. If you are suffering from pelvic floor pain, incontinence, painful prostatectomy, or any pelvic floor or groin dysfunction there is treatment to help. Our pelvic floor specialists have helped many people regain normal pain free living. If something does not feel right, know you do not have live like that. Our specialists will put together a personal treatment plan that works best for you so you can get back to living your best life!

WHAT TO EXPECT FROM PELVIC FLOOR THERAPY

Pelvic floor therapy focuses on strengthening the ligaments, tendons, and muscles of the pelvic floor. When muscles in the pelvic area become tight or weak, your daily life can be negatively impacted, because this region helps in supporting the core of your body and is a key part of everyday movement.

One of our licensed physical therapists will take a look at your medical history, and conduct a thorough examination to decide what type of treatment you'll need. This may include stretches, ultrasound therapy, manual therapy, and at home exercises to reduce pain and strengthen or loosen your pelvic muscles, depending on your condition. Did you know that pelvic floor rehabilitation is a common option for women who are preparing for childbirth? It ensures an easier delivery and oftentimes can prevent the need for a C-section. Some common techniques used during pelvic floor rehabilitation include:

- **Ultrasound therapy.** This kind of therapy focuses on using soothing heat for relief in the affected pelvic region. It's a safe and effective way to relax tight muscles and tissue.
- **Diaphragmatic breathing.** Your physical therapist can teach you how to practice deep breathing exercises. These will allow your diaphragm to expand and contract properly, which helps in relaxing muscles in the pelvic area. Relaxed muscles will drop and lengthen, providing simple pain relief. These breathing exercises can also be done at home.
- **Relaxation techniques.** Physical therapy also focuses on relaxing! Relaxing your muscles allows them to ease tension, which makes it easier to stretch and massage them later. It's not always easy to relax on command though, so your physical therapist may suggest specific relaxation techniques, such as guided imagery or biofeedback, to assist you with the process.
- **Postural exercises.** These specific types of exercises are aimed at refining and strengthening the pelvic floor muscles that affect posture. These exercises are typically done with large medicine balls. Your physical therapist may suggest that you purchase one to use at home on your own as well.

Pelvic pain is caused by a number of different factors, and pelvic floor rehabilitation can help reduce or eliminate the pain and symptoms you are experiencing. If you are suffering from pelvic pain, endometriosis, having issues



with urinary incontinence, have recently given birth, or just want to make sure that all is well with your pelvic floor, it's a great idea to see a physical therapist!

At Peak Performance Physical Therapy, your physical therapist will conduct a thorough examination, find the source of your pain, and create a customized treatment plan to help reduce the severity of your symptoms. We want to make sure you feel seen and heard, and leave our office knowing you're in good hands. **Give us a call today to schedule an appointment and get back to living your life without that nagging pelvic pain!**

Patient Success Spotlight

"I am very satisfied with my treatment here."

"My experience here was awesome. I was nervous about starting pelvic floor therapy but, Katie and all of the techs that I worked with were so nice and helpful. Katie educated me on pelvic floor stretches and gave me a great array of tools to avoid pain and strengthen my muscles. I am very satisfied with my treatment here."

Relieve Pain In Minutes

Try this movement if you are experiencing pain.



PROPER HIP FLEXOR STRETCHING

Jill Marlan, PT, MSPT, OMPT of Peak Performance Physical Therapy demonstrates proper stretching and common mistakes.

To view this video and many more, scan our QR code.



This will take you directly to our YouTube page.

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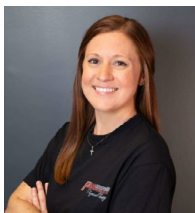
MEET OUR PELVIC FLOOR THERAPISTS



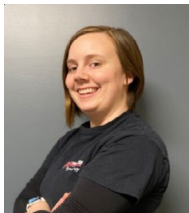
Katlyn Gilin, PT, DPT
Clinic Manager



Trevor Williams, PTA



Tiffany Stutzman
PT, DPT



Jenn Harmon

HEALTHY RECIPE

ORZO WITH ZUCCHINI & TOMATO



INGREDIENTS

- 5 oz uncooked orzo pasta
- 1/2 large zucchini, 1/4-inch diced
- 1 small plum or Campari tomato, diced

DIRECTIONS

Cook pasta in a large pot of salted water as directed for al dente. Reserve about 1/2 cup liquid before draining. Drain orzo in a colander and add the oil to the pot. Sauté garlic 1 minute, until fragrant, add the zucchini and tomatoes, season with salt and pepper and mix well. Cook until tender, 3 to 4 minutes. Add the cooked orzo and stir to combine all. Add some of the reserved liquid as needed so pasta isn't dry. Add freshly grated cheese and stir.

Source: <https://www.skinnytaste.com/orzo-with-zucchini-and-tomato/>

- 2 cloves garlic, smashed & finely chopped
- 1 tbsp extra virgin olive oil
- salt & fresh pepper to taste
- 1/4 cup fresh grated Parmesan or Pecorino

**CALL TODAY TO SCHEDULE AN EVALUATION!
YOU DON'T HAVE TO BE HURT TO GET BETTER**

PEAK
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Physical Therapy

(517) 853-6800

Because you are a past patient of Peak Performance Physical Therapy, we invite you for:

Lansing Clinic
DeWitt Clinic

Okemos Clinic
Mason Clinic

www.peakperformanceompt.com

*Our Annual Theme for the
Year is "Raise the Bar"*

Peak Performance is striving to "Raise The Bar" in healthcare by helping each other as a community to overcome these difficult times. We go the extra mile to ensure our patients are more than satisfied and are receiving top-notch care. We are here for YOU and we are here to Raise The Bar.

WE MAKE IT EASY TO LEAVE A REVIEW!



(Lansing Location)



(Okemos Location)



(DeWitt Location)



(Mason Location)

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3. Let us know how we did!



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