



PELVIC HEALTH THERAPY FOR ALL



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TREATING INCONTINENCE WITH PHYSICAL THERAPY

A physical therapist is highly skilled in evaluating and treating various musculoskeletal and neurological conditions affecting the body. This profession focuses on assessing any underlying factors, such as strength, neuromuscular control, balance, coordination, skeletal alignment, and endurance, which may be contributing to impaired functional mobility, activity, participation, and quality of life.

Of course, most people only seek physical therapy when they're suffering from a common injury or condition, such as whiplash, tendinitis, low back pain, or ligament sprains. Perhaps lesser known is that chronic pelvic pain and dysfunction, especially issues with incontinence, can respond positively to physical therapy intervention.

Understanding Incontinence

Urinary incontinence has a reputation of being something that only little old ladies have. However, many young people experience urinary incontinence, as well. More women are affected by urinary incontinence than men; however, it is common for men to experience it after certain procedures, such as prostate surgery. Fortunately, there are many treatments for urinary incontinence.

There are two main types of incontinence: stress incontinence and urge incontinence. Stress incontinence is caused when one experiences a urine leak due to pressure on the bladder. For example, stress incontinence can occur when exercising, lifting heavy objects, laughing, coughing,

or sneezing. This is the most common type of bladder control problem in younger to middle-aged women, and it may occur around the time of menopause.

Urge incontinence is caused when there is a sudden and emergent need to urinate. Someone experiencing urge incontinence may not have enough time to make it to the toilet before leakage occurs. This type of bladder control problems is usually a result of diabetes, Alzheimer's disease, Parkinson's disease, multiple sclerosis, or stroke.

Common conditions that may cause incontinence include:

- Pregnancy
- Menopause
- Weak bladder muscles
- Overactive bladder muscles
- Damaged bladder nerves, typically from diseases such as diabetes, multiple sclerosis, or Parkinson's
- Blockage from an enlarged prostate
- Difficulty getting to the bathroom in time, due to diseases such as arthritis
- Damaged pelvic floor nerves, due to injury or surgery
- Pelvic organ prolapse
- Prostatitis
- Benign prostate hyperplasia



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

A MESSAGE FROM THE CEO

Pelvic pain, incontinence, and bladder weakness are very common amongst women and men. It can affect every aspect of your life and be an indicator of possible pelvic floor conditions. These conditions can be embarrassing or uneasy to talk about. We work with many patients that have these conditions, and we are here to help you. Our providers can help treat these symptoms that are so very personal and specific to your needs. We will work with you in a discrete, compassionate way to improve your overall lifestyle and performance. We look forward to helping you Reach Your Peak!

PRENATAL & POSTNATAL THERAPY

The pelvic area is an integral part of the body that serves many purposes, especially in the female body. 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 such as endometriosis. During pregnancy and after giving birth, it's pretty common for women to experience urinary incontinence and pelvic pain.

Pelvic floor therapy is one way women can fight back against pain and discomfort as their bodies adjust during and after pregnancy. This kind of specialized therapy focuses on strengthening the pelvic floor's ligaments, tendons, and muscles. It can also help with the symptoms of endometriosis and urinary incontinence.

Are you currently pregnant or expecting to deliver your child soon? Prenatal and postnatal physical therapy could help make both of these experiences smoother for you.

Give us a call today to schedule an appointment. You deserve to enjoy this special part of life, free of pain.

Endometriosis

Endometriosis is a condition many women suffer from without even knowing it. It is a painful condition affecting



the ovaries, fallopian tubes, and the tissue lining the pelvic floor. With endometriosis, the tissue that normally lines the interior of your uterus begins to grow outside of it, causing excess scarring. For some women, it can take years to receive a diagnosis, which can be extremely frustrating as you travel from doctor to doctor looking for relief.

The bones, muscles, ligaments, and nerves in the pelvic region are often affected. Symptoms include:

- Pelvic pain
- Pain in the lower back or abdomen
- Excessive bloating and tightness in the abdomen
- Fertility issues
- Pain during intercourse
- Painful urination and/or bowel movements during menstruation
- Abnormal or heavy flow during menstrual cycles
- Nausea/vomiting
- Constipation

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.

Some common techniques used during pelvic floor rehabilitation for endometriosis include:

- Ultrasound therapy
- Diaphragmatic breathing
- Relaxation techniques

Call us today if you're experiencing pre-or postnatal pain or pelvic discomfort. Our therapists utilize the most advanced techniques for providing our patients with the relief they've been seeking for so long. Call us today to schedule your next appointment.

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/endometriosis>
Causes of Endometriosis <https://medlineplus.gov/HealthTopics>

COLLABORATION CORNER



Dr. Eric R. Stockall is a urologist in Okemos, Michigan, and is affiliated with multiple hospitals in the area. He has been practicing in the Lansing area since 2000. Dr. Stockall has hospital privileges at Sparrow Hospital, McLaren Greater Lansing, Clinton Memorial Hospital,

Hillsdale Hospital, Oaklawn Hospital, Henry Ford Allegiance Hospital, and Sheridan Hospital. Dr. Stockall and his physician extenders service many rural communities.

Dr. Stockall specializes in many types of surgery, including robotic surgery, laparoscopic surgery, laser prostate surgery, and shock wave lithotripsy. He has a special interest in the treatment of kidney, bladder, and prostate cancers, overactive bladder, and pelvic floor dysfunction.

Dr. Stockall uses the latest technologies in the noninvasive treatment of BPH and urinary incontinence. Dr. Stockall also performs no-scalpel vasectomies and vasectomy reversals.

DR. TIFFANY STUTZMAN PT, DPT, MDNC



Tiffany is a Mason native! She was active in tennis and track at Mason High School and helped coach track after she graduated while attending Lansing Community College. She then graduated from Grand Valley State University with her Bachelor's Degree and Central Michigan University with her Doctorate in Physical Therapy. She has been a PT for over 10 years and has experience and interest in a wide variety of conditions and diagnoses. She currently specializes in Pelvic Floor physical therapy and Dry Needling therapy. Tiffany considers herself a lifelong learner; she loves to attend continuing education classes and learn new treatment techniques.

Some of her hobbies/interests include spending time with her family and friends, going for walks, playing tennis, having game and movie nights, watching The Office, crocheting, and listening to music,

sermons, or podcasts. Tiffany, her husband, and their two boys also love spending time on her family's farm, working, being outside, and target shooting.

Tiffany chose to be a Physical Therapist because of her love of people and passion for helping others in need. Driven by compassion and her deep faith in Christ, Tiffany loves to serve others, develop friendships, help all people find healing and relief from pain. Tiffany has been through PT herself after an injury from a 4-wheeler accident and can testify firsthand to the benefits of physical therapy.

Tiffany would love to meet you, get to know you, and will work hard to help you reach your goals! Don't wait; schedule an appointment with her today!

OUR SERVICES

- Manual Therapy
- Personal Training
- Group Training
- Individual Training
- Kinesio Taping
- IASTM
- Dry Needling
- Electric Stimulation
- TIP Certification
- Nutrition Services
- Injury Prevention Seminars
- Educational Forums
- And More!

TURKEY MEATBALLS

Ingredients

- 1 lb ground turkey
- 1 large egg beaten
- 1/4 cup shaved parmesan
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp basil
- 1 tsp salt
- 1/2 tsp ground black pepper
- 1 (24 oz) jar of red pasta sauce
- 1/2 lb whole grain spaghetti



Instructions

Preheat broiler on high for 5 minutes. Combine all meatball ingredients in a large bowl. Use your hands to mix the ingredients. Use a 1.5 tablespoon cookie scoop to scoop 18 meatballs onto a rimmed cookie sheet. Broil on top rack for 5 minutes. In a large skillet, bring pasta sauce to a low simmer. Add in cooked meatballs and simmer together for 5-10 minutes or until meatballs are completely cooked through. Serve with your choice of pasta, fresh basil, more parmesan and enjoy!

IS IT TIME FOR YOU TO SEE A THERAPIST?

Call or visit us online today to schedule your next appointment! Scan the code below with your smartphone to start your journey now.



(517) 853-6800