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www.MOUNTAINSPIRIT-PT.com



Donna Edwards PT, OCS

Donna graduated with honors in 1986 with a Bachelor of Science in Physical Therapy from the University of Tennessee Health Sciences Center. She is also a certified specialist in Orthopedics by the American Board of Physical Therapy Specialties.

She has twenty years experience in treating women and men with pelvic floor dysfunctions, as well as other Women's Health diagnoses.

Donna is an active member of the American Physical Therapy Association and she is the Knoxville District Chairperson of the Tennessee Physical Therapy Association. She is a member of the International Pelvic Pain Society, and the National Vulvodynia Association.

Her professional profile, including current continuing education, is available on the web site www.MOUNTAINSPIRIT-PT.com

Mountain Spirit Physical Therapy was opened in 2003 to provide specialty therapy services to people needing personal care in a peaceful and private environment. Donna is dedicated to life-long learning and development of new skills to benefit her patients.

She is married, and enjoys gardening, music and theater. Her son, daughter-in-law and grandson live here in Knoxville.

Mountain Spirit Physical Therapy Inc.

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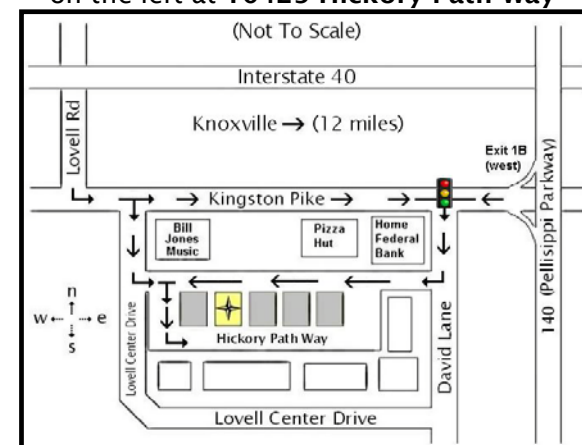
Directions:

From I-40, take exit 376 onto I-140 (Pellissippi Parkway),
Then take exit 1B (Kingston Pike).
Travel west .4 mile and turn left onto David Lane at the light.

-- OR --

From I-40, take exit 374 (Lovell Road) and travel south to Kingston Pike.
Turn left onto Kingston Pike and then right onto David Lane at the light.

To enter the complex from David Lane:
Turn right onto Jackson Oaks Way and travel to the end of the buildings, then turn left toward the lower level. Mountain Spirit Physical Therapy Inc. is in the 2nd building on the left at **10429 Hickory Path Way**



Referral Benefits People for the Following Problems:

➤ **Prenatal Exercise:**

Safe programs are graded to a patient's individual needs (including high risk patients).

➤ **Musculoskeletal Dysfunction During Pregnancy & Postpartum:**

Pregnant women may suffer from pain in the back or shoulder blades, rib cage, groin or wrists due to changes in posture, weight, or hormonal factors. These women are more susceptible to injury and these problems may persist after pregnancy:

- Low Back / SI Joint Pain with or without Neurological involvement
- Pubic Pain
- Thoracic Pain
- Headaches / Cervical Pain
- Carpal tunnel syndrome
- Venous Insufficiency/Varicosities

➤ **Post Partum Rehabilitation:**

Reconditioning exercises are provided for women after vaginal and cesarean birth.

➤ **After Breast Surgery:**

- Scarring
- Shoulder pain and restriction in motion
- Upper Extremity Weakness and Loss of Function

➤ **Osteoporosis:**

Osteoporosis is a condition in which bones become thin and brittle, and break more easily. Therapy may include individual exercise prescription designed to decrease fracture risk, increase bone mass, and minimize deformity. It may also include fitting of braces or orthotics, and treatments designed to relieve pain.

➤ **Urinary and Fecal Incontinence and/or Pelvic Prolapse:**

Incontinence is the loss of bladder or bowel control resulting in involuntary loss of urine or stool. Pelvic floor weakness resulting in loss of muscular support for the bladder, uterus, or rectum may be one of the causes.

➤ **Pelvic Floor Tension/Pain:**

Pelvic floor tension or pain in the sling of muscles which support the bladder, uterus, and rectum can be caused by muscle, tendon, joint, or nerve problems.

- Dyspareunia (pain with intercourse)
- Urinary Frequency / Urgency
- Recurrent Urinary Tract Infections
- Interstitial Cystitis
- Non Relaxing Puborectalis
- Post Episiotomy Scarring
- Vulvodynia
- Rectal and Coccyx Pain
- Prostadynia
- Penile and Testicular Pain

➤ **Pelvic Abdominal Pain:**

Abdominal pain may be caused in whole or in part by musculoskeletal dysfunctions:

- Rectus Diastasis
- Chronic Pain Not Resolved with Traditional Care
- Dysmenorrhea
- Acute Post Surgical Pain
- Scar Tissue Post C-Section and Gynecological Surgery
- Post-Surgical Rehabilitation (Following Cesarean Section, Hysterectomy, Pelvic floor Reconstructions, etc.)

➤ **Anorgasmia** (lack of orgasm)

Lack of orgasm may be caused by pelvic floor muscle weakness

➤ **General Orthopedics:**

- Headaches and Facial Pain
- Neck and Shoulder Pain
- Thoracic and Rib Pain
- Low Back Pain
- Hip Pain

➤ **Fibromyalgia:**

Fibromyalgia is a chronic condition with persistent and widespread musculoskeletal pain along with specific tender points. Treatments are focused on reducing pain, improving function and self management skills.

Treatment Options:

- Manual therapy to restore normal joint mechanics and soft tissue mobility
- Surface electromyography (sEMG) for evaluation, treatment and home program.
- Movement re-education
- Education regarding posture and body mechanics for activities of daily and nightly living.
- Exercise prescription, training and home program including spine stabilization.
- Stress management; physiological quieting
- Modalities (ultrasound, electric stimulation, TENS, etc.)
- Evaluation and instruction in use of assistive devices.
 - Orthotics
 - Supports
 - Pillows
 - Splints