



## If you would like more information:

Ask about the physical therapy management of women's health concerns throughout the life cycle, such as:

- Musculoskeletal dysfunction during pregnancy
- Exercises, prenatal and postpartum
- Urinary incontinence
- Osteoporosis
- Fibromyalgia
- Pelvic pain
- Lymphedema
- The female athlete

Please contact Mountain Spirit Physical Therapy at 865-560-2709 or visit [www.MountainSpirit-PT.com](http://www.MountainSpirit-PT.com).

## Why Physical Therapy?

A physical therapist can evaluate your problem and help you manage the debilitating effects of pelvic pain.

## Suggested programs may include:

- Exercises designed specifically for you to stretch or relax tight muscles, and strengthen weak ones,
- Manual therapy techniques for tight or tense muscles,
- Improvement / restoration of joint movement, and
- Electrical stimulation, TENS, heat, cold, or ultrasound for pain relief.

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## Other physical therapy options that may help you in the future include:

- Designing a home exercise program to meet your needs
- Helping you to change poor habits such as holding muscles in a tense position
- Educating you in good work postures, rest positions, and relaxation techniques
- Helping you develop a program for life long fitness

## If you think you may benefit from physical therapy...

To help you manage your pelvic pain, ask your physician to refer you to a physical therapist who is specialized in this treatment area. Insurance payment varies region to region, so check your individual policy for coverage.