

Women's and Men's Health Physical Therapy – What is it?

BY: ZOE FACKELMAN, PT LAKE COUNTRY PHYSICAL THERAPY AND SPORTSCARE, PC'S FOUNDER

Gender specific problems require gender specific qualifications for the quickest and most satisfying outcomes. It is important for you to see a physical therapist (PT) that is focused on getting you feeling better than you expected in the shortest amount of time.

High deductible insurance plans and high co-pays restrict many community members from receiving the frequency and duration of treatment needed to get rid of pain or limitations related to work, sports, recreational and activities of daily living. As a result it is important to be sure you are receiving care from the most conveniently located, qualified physical therapist.

Since Women's and Men's Health or Female and Male Pelvic health physical therapy is the term used to describe gender specific health problems, it is important to ask whether the physical therapist is uniquely and specifically qualified and trained to treat the condition you are seeking help to resolve. Some physical therapists only treat women; others treat both men and women. Some only treat specific conditions. It is always most helpful to receive treatment from a "hands on" manual therapy physical therapist with strong orthopedic and, in some cases, sports injury experience.

Compliance to attendance in physical therapy and to your home self-care program is the key to successful outcomes. You want to be sure you are receiving care from a physical therapist who takes the time to explain your condition and why you are being asked to do specific things at home to resolve the problem.

The following is a list of conditions, signs or symptoms that a women's and men's health physical therapy specialist may treat:

- Urinary and bowel urgency, frequency and leakage (incontinence)
- Urinary and bowel symptoms after prostate removal or surgery for organ prolapse or hernia

- Constipation
- Anal fissures and hemorrhoids
- Pelvic floor and lower abdominal /groin pain, tension myalgia, trigger points
- Painful sex
- Scar tissue, adhesions, swelling after surgery, radiation, C-section, labor and delivery
- Prenatal prevention of incontinence and hernia
- Pain during and after pregnancy
- Diastasis Recti treatment and prevention and treatment after repair
- Limitations in function and fatigue related to menopause
- Osteoporosis / Osteopenia
- Female athlete
- Orthopedics — joint, muscle, tendon, cartilage, ligament, fascia causing pain and limitation

Many conditions listed require treatment to the pelvic floor, a group of muscles spanning the space between the pubic bone and the tailbone. Specific care and instruction to accomplish spinal symmetry, core strength and postural correction is a key component in most treatment plans.

Every treatment plan is individualized and based on your medical history and goals. To find a physical therapist visit www.womenshealthapta.org

Zoe Fackelman, PT, specializes in the treatment of female and male pelvic health at Lake Country Physical Therapy and Sportscare, PC



For more information about Lake Country Physical Therapy and Sportscare, PC, please call (585) 396-1400, email Zoe@lakecountrypt.com, Robert @lakecountrypt.com or visit us at www.lakecountrypt.com.

