

## What Is Women's Pelvic Health Therapy?

Women's pelvic health therapy is an individualized program combining manual therapy and exercise, guided by a women's health rehab specialist. This program is designed to address a variety of pelvic health concerns, including:

- Incontinence
- Pelvic organ prolapse
- Pelvic pain/tension
- Pelvic floor dysfunction
- Balance and postural issues
- Pregnancy and postpartum concerns



## Our Pelvic Health Therapy Programs May Include:

- Strengthening and Muscle Coordination Exercises: Focused on the pelvic floor, core, and spine stabilization.
- Relaxation and Breathing Techniques: To help manage pain and improve overall function.
- Manual Therapy: Hands-on techniques to relieve pain and improve mobility.
- Biofeedback Muscle Education and Training: To enhance muscle awareness and control.
- Behavioral Modification Education: Strategies to improve daily habits and reduce symptoms.
- Home Exercise Programs: Tailored exercises to help you return to daily activities and sports.

## How Long is a Women's Health Program?

The duration of a women's health program varies based on individual needs and diagnoses:

Short-term Programs: Some patients may only require 3-4 sessions for balance, postural training, and behavioral modifications that can impact incontinence and pelvic pain.

Long-term Programs: More involved diagnoses may require a longer 8 to 12-week program to improve symptoms.

## How Do I Get a Referral to a Women's Health Specialist?

To get started, a phone call or visit to your doctor's office is recommended. Discuss any incontinence or pelvic floor dysfunction problems with your doctor and request a referral to see a women's health specialist.



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