



***PELVIC FLOOR
THERAPY COULD
CHANGE YOUR LIFE***

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PELVIC FLOOR THERAPY COULD CHANGE YOUR LIFE

Pelvic pain is no joke. The pelvic area is an important part of the body that serves many purposes, especially for women. 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. Some pelvic conditions may also result in painful intercourse or infertility issues.

Dealing with pelvic pain alone can be very confusing and scary, but luckily, it can be addressed and possibly fixed through pelvic floor rehabilitation. Some of the most common pelvic conditions that our pelvic floor physiotherapists treat include postpartum pelvic pain, pain following abdominal surgery, dyspareunia, and endometriosis.

Take A Look At The Following Reasons For Pelvic Floor Pain:

Why Am I Experiencing Pelvic Floor Pain?

- **A recent abdominal surgery.** If you are recovering from a recent abdominal surgery, pelvic floor rehabilitation can assist with breaking up scar tissue, improving strength, and regaining range of motion in your abdomen/pelvic region.
- **Endometriosis.** Endometriosis is a condition many women suffer from without even knowing it. This condition can affect the bones, muscles,

ligaments, and nerves in the pelvic region and cause excess scar tissue. 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.

- **Urinary leakage or frequency.** If you're struggling with urinary incontinence, a physiotherapist can help determine the root of your problem. Instead of simply treating the symptoms, your physiotherapist can focus on the cause and focus on strengthening the muscles under your bladder. This will help treat and eliminate your incontinence issues.
- **Constipation.** Pelvic floor therapists can loosen and relax the muscles in your pelvic and anal areas, which can help relieve and eliminate constipation.
- **You recently had a baby.** After giving birth, it is common for new mothers to experience strained muscles and/or connective tissue damage in their pelvic floor. Pelvic floor rehabilitation helps with postpartum pelvic pain, in addition to strengthening and restoring any damaged muscles or tissues.



We would like to see you again!

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WHAT TO EXPECT FROM PELVIC FLOOR THERAPY

Pelvic floor therapy focuses on strengthening tendons and muscles of the pelvic floor. When muscles in the pelvic area become tight or weak, your daily life can be negatively impacted, because this region helps in supporting the core of your body and is a key part of everyday movement.

One of our pelvic health physiotherapists will take a look at your medical history, and conduct a thorough examination to decide what type of treatment you'll need. This may include stretches, manual therapy, and at home exercises to reduce pain and strengthen or loosen your pelvic muscles, depending on your condition. Did you know that pelvic floor rehabilitation is a common option with women who are preparing for childbirth? It ensures an easier delivery and will aid in recovery.

Some common techniques used during pelvic floor rehabilitation include:

- **Diaphragmatic breathing.** Your physiotherapist can teach you how to practice deep breathing exercises. These will allow your diaphragm to expand and contract properly, which helps in relaxing muscles in the pelvic area. Relaxed muscles will drop and lengthen, providing simple pain relief. These breathing exercises can also be done at home.
- **Relaxation techniques.** Physiotherapy also focuses on relaxing! Relaxing your muscles allows them to ease tension, which makes it easier to stretch and massage them later. It's not always easy to relax on command though, so your physiotherapist may suggest specific relaxation techniques, such as guided imagery or biofeedback, to assist you with the process.
- **Postural exercises.** These specific types of exercises are aimed at refining and strengthening the pelvic floor muscles that affect posture. These exercises are typically done with large medicine balls. Your



physiotherapist may suggest that you purchase one to use at home on your own as well.

Pelvic pain is caused by a number of different factors, and pelvic floor rehabilitation can help reduce or eliminate the pain and symptoms you are experiencing. If you are suffering from pelvic pain, endometriosis, having issues with urinary incontinence, have recently given birth, or just want to make sure that all is well with your pelvic floor, it's a great idea to see a physiotherapist!

At Loudoun Physical Therapy, your pelvic health physiotherapist will conduct a thorough examination, find the source of your pain, and create a customized treatment plan to help reduce the severity of your symptoms. We want to make sure you feel seen and heard, and leave our office knowing you're in good hands. **Give us a call today to schedule an appointment and get back to living your life without that nagging pelvic pain!**



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STAFF SPOTLIGHT | DR. SHAISTA AMBREEN, PT, DPT

Shaista is a Certified Pelvic Health and Trigger point dry needling physical therapist, with over 24 years of experience in both clinical & administrative areas of Physical Therapy. She enjoys working with patients to help them develop confidence and strength to live the life they want. Her experience of treating patients includes Pelvic health, Neuro-Rehabilitation, Pediatrics population, MSK, Orthopedic and geriatrics physical therapy. She also has an extensive manual therapy and myofascial release expertise and can treat her patients by applying different techniques including, Trigger point dry needling, Cupping, Kinesio-taping and aquatic therapy.

Shaista enjoys working in team environments and fosters an encouraging atmosphere to those she works with. Shaista is fluent in English, Urdu, and Punjabi language.

In her spare time, she enjoys cooking, traveling, Zumba and shopping.

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7 TIPS TO BECOME A BETTER HIKER

1. Just do it!

Each hike will make you better, so by simply getting out and doing it you will improve with every trip! You will learn how your body works, what trails are right for you, and what kind of gear best complements your hikes.

2. Take time to enjoy the view.

Hiking is all about being active but don't rush through your journey without stopping to take it all in! Nature is a truly magical thing; it can relieve stress, calm the noise in one's mind, and remind us all of the infinite beauty of the outdoors.

3. Don't push yourself past your limits.

Challenging yourself is great but when it comes to hiking slow and steady wins the race. The outdoors (especially when alone) are not the place to test your athleticism. Train ahead of time if you are attempting a challenging trail and make sure to hydrate before, during and after your trip. Exercises like yoga will help you with coordination, balance and strength, while cardio training will improve your endurance.

4. Don't dress to impress.

Hiking is not the time to be a fashionista. Good shoes/boots are a must. Dress for changeable weather, in layers.

5. Keep the trails clean.

Bring out everything you bring in. Think of those that came before you as well as those that will come after you. Bring ziplock bags to store your trash and pick up trash thoughtlessly left by others.

6. Get an early start and plan your time wisely.

When it comes to hiking, you never really know what could happen. A trail could be blocked off or weather could influence the accessibility of a certain area. By starting your trek early, you will ensure that you reach your goal by a reasonable hour and get back to the bottom before nightfall. Having a plan will make your hike safe and enjoyable.

7. Learn to hike without electronics.

Technology is an awesome thing, but we should not rely on it exclusively. Losing service, a dead battery, or an accidental break may leave you helpless and literally lost. Learning how to use compasses, maps, and trail markers will give you resources that are always reliable.

Source: <https://www.adirondack.net/whatsnew/2014/05/tips-to-become-a-better-hiker/>

WHAT IS A TELETHERAPY VISIT?

Teletherapy is PT from the comfort of your home. It is a remote, one-on-one Telehealth visit that is performed by our skilled physical therapists on a computer, connected to the Internet.

During your visit, you will receive:

- Movement Evaluation to determine your problem
- Education on why you are hurting and how to prevent it from reoccurring
- Exercise prescription to meet your specific needs

This physical therapy option is convenient and accessible from the comfort of your home!

**CALL AND SCHEDULE YOUR
APPOINTMENT TODAY!**

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(703) 443-6700

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(703) 858-9880

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