



HOW PHYSICAL THERAPY **HELPS** **PELVIC HEALTH**

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HOW PHYSICAL THERAPY HELPS PELVIC HEALTH



Are you experiencing pain in your intimate areas? Have you struggled with incontinence? For some, it can be challenging to talk about these types of struggles. At Loudoun Physical Therapy, we are musculoskeletal experts and work with people experiencing difficulties in all body regions.

Our highly trained team uses the most advanced strategies to help alleviate the pain and restore normal function of the bowel and urinary systems. We also help people experiencing pain during sex and experiencing dysfunction in sexual performance.

Everyone has a pelvic floor, and learning how to resolve issues can significantly impact your overall well-being. At Loudoun Physical Therapy, our team works with all types of problems affecting the pelvic region regardless of gender identity.

Request an appointment with one of our specialists so we can help you find relief!

What Is The Pelvic Floor?

The pelvic floor is a term used to describe the region located in the bottom aspect of the pelvis. The pelvic floor is a complex system that works with the structures and systems in the pelvic cavity and the body.

The pelvic floor is supported by several muscles that also provide several essential functions, including supporting the organs found in the pelvis, bladder and bowel control, and sexual function. Impairments in muscle function can lead to pain and dysfunction.

The ability to contract the pelvic floor correctly can be affected by several factors, including:

- Weakened bladder muscles resulting from pregnancy, childbirth, obesity, and aging
- Physical damage to your pelvic floor muscles from childbirth or surgery
- Damage to the nerves from health problems like diabetes and multiple sclerosis
- Enlarged prostate

- Types of cancer
- Certain medications
- Trauma (physical, psychological/emotional)

Strong pelvic floor muscles are essential with activities where an extra force is added to the abdomen and pelvic floor (i.e., coughing, laughing, sneezing, and lifting). When these muscles are weak or not working as they should, pelvic floor dysfunction may occur. Fortunately, our physical therapists know how to identify the factors contributing to your problems and, more importantly, how to resolve them!

What Are The Most Common Issues People Face?

The pelvic floor muscles are needed for sexual function, urination, and defecation. Impairments are often ignored early on due to the difficulties of talking about this region of our body. We understand people's difficulties, but it is important to note that addressing an issue when it first starts will often lead to a quick resolution and the most complete recovery.

Women experience pelvic floor conditions, including painful menstrual periods, painful urination, and urinary incontinence. The impairments will even lead to pelvic organ prolapse and chronic pelvic pain for some.

Men often don't know about the pelvic floor until there is a problem. The most common issues include urinary dysfunction after prostate cancer treatments. Typically these symptoms range from some leaking to complete loss of bladder control or irritation/discomfort when urinating. Pelvic floor dysfunction for some may lead to erectile dysfunction.

Fortunately, our physical therapists are trained in pelvic rehab no matter your gender and can help you resolve any issue you may be experiencing.



We would like to see you again!
Scan the QR code to visit loudounpt.com and schedule your appointment today!

HOW PHYSICAL THERAPY CAN HELP

Our therapists at Loudoun Physical Therapy tailor our programs to the individual using research-backed, comprehensive treatment programs. We will conduct a thorough history and physical examination to identify all the possible factors contributing to your condition.

Evaluating the strength of the pelvic floor muscles includes assessing your ability to willfully contract your muscles and also identifying your ability to generate power and sustain a contraction (endurance). It is also essential to test your contraction speed and your ability to relax on command.

We will use this information to develop an individualized program focusing on helping you resolve your pain and restore your function. **Our pelvic floor treatments include:**

- Soft tissue mobilization and massage of internal and external pelvic musculature to relieve muscle tension and provide pain relief
- Pelvic floor muscle retraining to restore normal strength and endurance
- Neuro-retraining (i.e., incorporating pelvic floor muscle activation during simulated daily activities)
- Electrical stimulation modalities for pain relief and to restore normal neuromuscular activation of the pelvic floor muscles and nerves
- Bladder training (i.e., gradually holding urine for longer and longer periods)

Our team will educate you on home exercises and simple movements that you can build into your everyday activities. We believe that teaching you strategies to manage and improve your pelvic health is the key to lasting results.



Request An Appointment

At Loudoun Physical Therapy, our physical therapists can help with incontinence, pelvic pain, and sexual dysfunction, whether your condition results from reconstruction surgery, abdominal surgery, prostate cancer treatments, pregnancy, or childbirth. No matter what it is, we most likely treat it.

Contact our clinic today and request an appointment with one of our pelvic floor specialists!

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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.

Shaista achieved a Doctorate of Physical Therapy degree from Arcadia University (Pennsylvania State) She also completed her Masters in Health Management from Pakistan and did graduation with a Bachelor of Physiotherapy from Riphah International University Islamabad Pakistan. She has worked in the state of Washington, Maryland and now in Virginia. Her experience of treating patients includes Pelvic health, Neuro-Rehabilitation, Pediatrics population, MSK, Orthopedic and geriatrics physical 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. **Call and ask for Dr. Shaista!**

SCHEDULE YOUR APPOINTMENT
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BEST STRETCHES AFTER A DAY AT A DESK

We lead extremely sedentary lives these days compared to 30 or 40 years ago. Millions of people spend several hours each day sitting at a desk, without bothering to get up to do anything other than visit the restroom. When you're younger, you may not notice the effects of sitting all day, but boy oh boy, as you age...we promise you'll start to realize the impact this habit has on your body!

People who spend much of their day in a sitting position are at a higher risk of developing serious conditions such as obesity, diabetes, and cardiovascular disease. Many of these individuals may also be at risk of suffering from repetitive use injuries.

Luckily, there are various stretches that can help combat the adverse effects of sitting for 8 hours a day. *Try these 3 stretches next time you're feeling stiff!*

1. Rotation Lunge

Take a big step forward with your right foot into a lunge from a standing position, making sure your right knee does not extend past your toes. Hands should be placed on either side of your right foot. Lift your right arm toward the ceiling while turning your gaze upward. Exhale slowly and try to rotate a little deeper. Repeat on the other side.

2. Shoulder Opener

Stand tall and straight, with a towel or belt in each hand behind your back. Raise your arms behind you as far as you can without getting out of breath. As you lift the towel, pull your shoulders back and together.

3. Low Cobra

Lie facedown on a foam roller or set of yoga blocks with your ankles resting on them. As you raise your head up and back, press your forearms into the floor and pull your shoulders back.

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!**

Leesburg:
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