

WHAT PATIENTS ARE SAYING!

"I had no idea that what I was dealing with was something that could get better."

"Morgan was exceptional and worked well addressing all my problems."

"I never knew that I would be able to go a day without leaking and now I can't remember the last time that I had any issues."

"Your attitude was very professional."

"I was pleased to have the therapy I needed at a facility where I was acquainted. I was even more pleased to find out this clinic treated this type of diagnosis."

"Your attitude was very professional."

"I am so thankful for the pain relief I received from doing pelvic floor therapy. I tell all of my new and expectant mom friends to consider this option as part of their postpartum care!"

"I was very hesitant to do this type of therapy because it is very private and embarrassing. Jen was always very patient, professional, and put me at ease."

"Amazing staff. Sad to have to change physical therapy locations due to military move. Great place and even better workers."

"For the first time ever, I was able to watch an entire 2.5 hour movie without taking a bathroom break."



Morgan Toensing
PT, DPT



Brittany Morrison
PTA

Pelvic Floor Physical Therapy

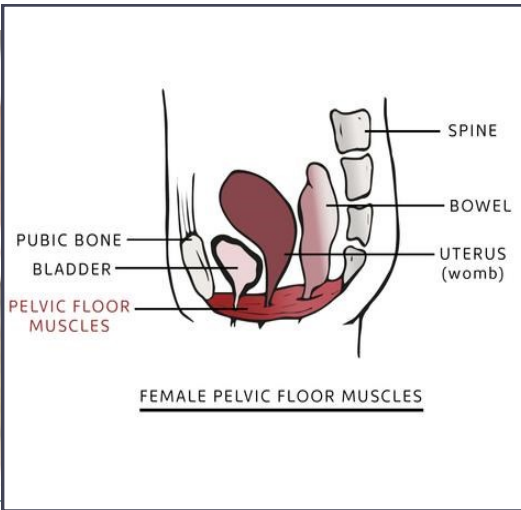
Adult & Pediatric



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Pelvic Floor Physical Therapy

For Adults & Pediatrics

PELVIC FLOOR FUNCTION

The pelvic floor is made up of muscles that control the flow of urine and bowel movements, support internal organs and provide stability to the pelvis and low back.

Problems with pelvic floor muscle function can lead to a variety of issues, including pain and issues with urinary and bowel function. Both males and females can suffer from issues related to their pelvic floor.

Our pelvic floor physical therapist is specially trained in treating the pelvic floor muscles to address these issues.

PATIENTS MAY BENEFIT FROM PHYSICAL THERAPY IF THEY ARE EXPERIENCING . . .

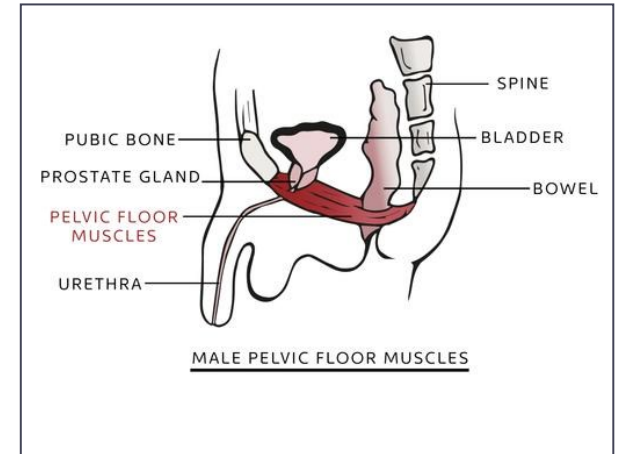
In adults:

- Leaking of urine or feces
- Constipation, difficulty emptying bowels, or difficulty initiating urination
- Pain with intercourse or pelvic exams
- Pain in the abdomen, tailbone, or genital area
- A “falling out” or “heaviness” feeling
- Unresolved low back or hip pain
- Diastasis recti (separation of the abdominal muscles)
- Abdominal pain after C-section (4-6 weeks)
- Return to exercise post-partum

In children:

- Bed wetting (after 6 years old)
- Urinary leakage (after previously being potty trained, or after 5 years old)
- Fecal/bowel leakage
- Difficulty initiating urination
- Constipation or difficulty emptying bowels

NOTE: No internal examination/treatment is done on children



TREATMENT MAY INCLUDE . . .

- Education and behavioral modifications
- Exercise (hip and core strengthening)
- Postural education and functional training
- Pelvic floor exercises
- Relaxation techniques
- Manual therapy (trigger point, myofascial release, scar tissue mobilization, etc.)

We understand the personal and private nature of these issues. Professional and sensitive care will be provided. You are encouraged to bring a friend or loved one if this will make you more comfortable.