

WHAT PATIENTS ARE SAYING!

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

"Jen made a difficult treatment so very much easier."

"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."

"Jen was extremely knowledgeable, friendly, competent, able to answer my questions, caring, and I felt she was very interested in my progress."

"Your attitude was very professional."

"Jennifer was great putting me at ease with an embarrassing therapy. Answered all questions and was great with encouragement and explanations. Highly recommend her."

"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."



JENNIFER DICKINSON
PT, DPT

Jennifer Dickinson, PT, DPT earned her Doctorate of Physical Therapy degree from the University of Missouri in 2013. A native of Saline County, she returned home and began her pelvic floor education journey. In 2016, she attended her first pelvic floor education course through the Herman & Wallace Pelvic Rehabilitation Institute, since then she has taken over 150 hours in pelvic floor/postpartum continuing education. She discovered a new passion in helping individuals improve their quality of life through pelvic floor therapies. Jen is currently a teaching assistant through the Herman & Wallace Institute to help train new pelvic floor therapists. In January 2020, Jen joined the PTC family and is excited to help the citizens of Concordia and all of the surrounding communities.



Pelvic Floor Physical Therapy

Adult & Pediatric

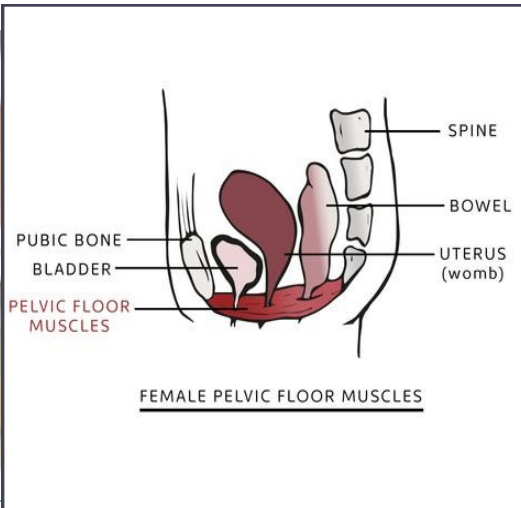


Physical Therapy of Concordia

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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. . .

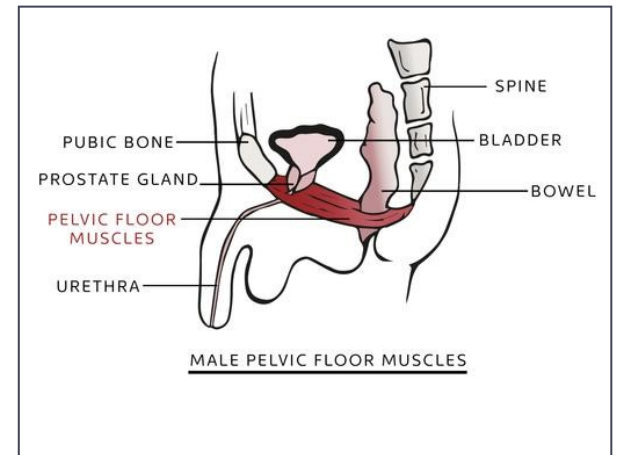
In adults:

- 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.)

WANT MORE INFORMATION ABOUT PELVIC FLOOR THERAPY?

Check out these extra resources from Jennifer and Physical Therapy of Concordia

www.jendickinsonpt.wordpress.com

[@jendickinsonpt](https://www.instagram.com/jendickinsonpt)

[@PhysicalTherapyofConcordia](https://www.facebook.com/PhysicalTherapyofConcordia)

ptconcordia.com

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.