

*In the past, women suffering from urinary incontinence, pelvic pain, pregnancy-related pain, sexual dysfunction and painful period symptoms have had to rely on medication and surgery for treatment. If you are experiencing any symptoms, please discuss further with your physician.*

*At Fit-N-Wise Rehabilitation Center, our Women's Health Services offer compassionate treatment where a physical therapist with extensive training can develop a program specifically for you!*



**FIT-N-WISE**

A Wise Health System Service

**WOMEN'S  
HEALTH**



Contact Us

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*Women searching for ways to live from day to day with pain and discomfort might be surprised to know that physical therapy can offer a solution to Women's Health issues.*



## **Pelvic Pain**

Pain in the lower abdomen, groin or vagina is a common complaint among women. Nearly 80 muscles attach or extend into the pelvis and an imbalance in any of these may cause symptoms to arise including:

- Pain or discomfort with intercourse or tampon use
- Pain with physical exertion or sitting
- Urinary urgency and frequency
- Back, abdominal, tailbone or hip pain
- Itching
- Burning
- Pelvic pressure



## **Post-Surgical Pain**

Muscle spasms, weakness, decreased flexibility, and/or scar adhesions may result in discomfort and inefficient movement habits following medical procedures such as C-sections, episiotomy, hysterectomy, abdominal surgery or breast surgery.

These adhesions can lead to symptoms such as:

- Back, abdominal, groin or tailbone pain
- A feeling of tightness or “pulling” in the abdomen
- Hip pain
- Limited motion



**A referral from your physician to receive care is all that is needed.**



## **Loss of Bladder Control**

- 26% of women ages 30-59 deal with this serious and often embarrassing problem.
- Incontinence can affect young, active athletes as well as mature women.
- It can be caused by weak pelvic floor muscles from surgery, child bearing, injury or poor bladder habits.
- Like other muscles in your body, the pelvic floor can be strengthened. Incontinence is not inevitable.



## **Pregnancy & Post - Partum Care**

- Physical therapy during and after pregnancy can prove to be useful for remedying common discomforts associated with this wonderful time in your life.
- Back pain ails more than 50% of all pregnant women.
- Physical therapy can also help new mothers recovering from the effects of pregnancy, labor and delivery.