



ALLCARE

Women's Wellness Center

NEWSLETTER

INTRODUCING ALLCARE WOMEN'S WELLNESS CENTER!

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Dear Readers,

It is my pleasure to introduce you to Allcare Women's Wellness Center, the new sister-company of Allcare Physical Therapy.

As you know, Allcare Physical Therapy strives to be the best in its field, and Allcare Women's Wellness Center is no different. Starting with specialized physical therapy services known as "women's health" or "pelvic" physical therapy, our goal is to be a support center promoting health and wellness for women. Allow me to share with you the mission and vision statement of the company and you will see what I mean.

Our Mission:

Our mission is to provide superior physical and emotional support to women with various pelvic dysfunctions, as these problems usually have a significant impact on a woman's quality of life. We aim to provide treatment options that complement medicine thus bridging the gap in women's healthcare. Working together with physicians, we can treat a wide spectrum of feminine conditions with efficacy and sensitivity in a natural manner, avoiding medications and surgery. At Allcare Women's Wellness Center, women can feel comfortable expressing their difficulties in a warm and modest environment with a female provider.

Our Vision:

Our vision is to be the Brooklyn hub of women's health and wellness. Our goal is to be a multidisciplinary center aimed at treating the woman as a whole. Our center will be comprised of a group of female providers working in collaborative fashion, including Physical Therapists, Psychologists, Social Workers, Nutritionists, Massage Therapists, and Fitness Instructors, assuring we address every aspect of a woman's condition.

I am looking forward to servicing the community in a positive way!



What Is Women's Health Physical Therapy?

Women's health physical therapy, also known as "pelvic" or "urogynecologic" physical therapy refers to the evaluation and treatment of the pelvic floor muscles. There are two main problems or categories for pelvic floor problems: "underactive (weak) pelvic floor muscles" and "overactive (tight) pelvic floor muscles."

Women with weak pelvic floor muscles may experience:

- urinary incontinence
- fecal incontinence and/or flatulence
- prolapse (dropped uterus, bladder or rectum)
- discomfort or pressure in the pelvic or vaginal area that may or may not interfere with intercourse
- difficulty fully emptying bladder
- chronic constipation

Women with tight pelvic floor muscles may experience:

- dyspareunia (pain with intercourse or inability to consummate marriage)
- various pelvic pain syndromes including: vaginismus, vulvodynia, vestibulitis
- urinary urgency and frequency
- chronic constipation

Physical therapy can also ease symptoms of various gynecologic conditions by relaxing the pelvic floor muscles and/ or by improving muscle balance throughout the body. This includes:

- interstitial cystitis
- endometriosis
- painful bladder syndrome
- irritable bowel syndrome
- chronic pelvic pain syndrome

Very often women with these kinds of problems try various medications or other methods with little relief and may be faced with surgery. Two reasons for this is that 1) 50% of women who are told to "do kegels" by their doctor are doing them *incorrectly* and thus need more help and 2) pelvic pain syndromes are poorly understood in the medical community, so many women have trouble finding the help they need. Physical therapy may avoid the need for medications and surgery for many patients.

ARE YOU OR SOMEONE YOU KNOW SUFFERING WITH ONE OF THESE CONDITIONS?

CALL FOR A FREE BOOKLET WITH VALUABLE INFORMATION AND SELF HELP TIPS!

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