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MURPHY'S CORNER PHYSICAL THERAPY IN MILL CREEK

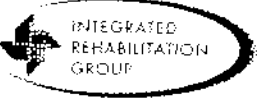
PACIFIC AVENUE HAND THERAPY

REDMOND RIDGE PHYSICAL THERAPY

SILVER LAKE PHYSICAL THERAPY

SNOHOMISH PHYSICAL THERAPY

1520 Mitchell Avenue, Suite 209
425 548 7774
360 548 7779 fax



Physical & Hand Therapy Services

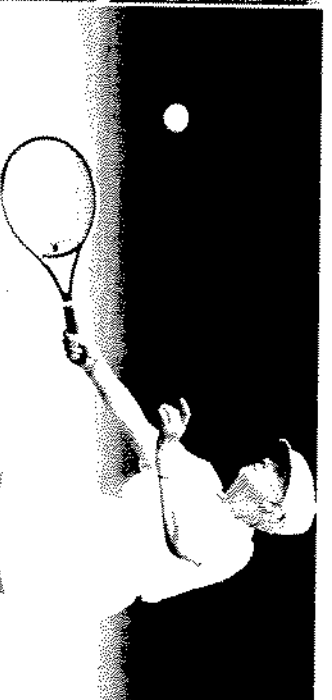
1519 132nd Street SE, Suite A
Everett, WA 98208

WOMEN'S HEALTH THERAPY

EVERGREEN PHYSICAL THERAPY CENTER & PILATES STUDIO



Physical & Hand Therapy Services



PROMOTING HEALTH IN WOMEN

Women's health therapy is a specialized form of physical therapy that encompasses exercises and education to treat the unique problems of women. An estimated 1.5 million women in the U.S. experience problems relating to incontinence, as well as pelvic pain, interstitial cystitis, osteoporosis, pelvic dysfunction, and pre and post pregnancy. Our Women's Health Program consists of a comprehensive treatment plan for these conditions and includes:

- Examination of the muscles, pelvic floor, and nerves surrounding the pelvis
- Internal or external biofeedback for pain or incontinence
- Individual exercise programs appropriate to the medical needs of each patient
- Pain management and relief

DEFINING WOMEN'S HEALTH TOPICS

URINARY INCONTINENCE

Incontinence is an involuntary loss of urine that can affect both women and men of all ages.

- Symptoms may include leaking urine when laughing, sneezing or coughing, or an overwhelming urge to urinate without warning.

It is estimated that over fifteen million Americans struggle with incontinence.

The typical length of treatment for incontinence is once a week for 6 to 8 weeks.

THERAPY INTERVENTION

Women's health therapy can help patients understand the causes of urinary incontinence, pelvic pain and back or hip pain during and after pregnancy. Together we can develop an appropriate treatment and exercise plan to combat these conditions. The benefits of women's health therapy include:

- Decrease or elimination of low back pain
- Increased weight loss after birth of a baby
- Improvement or elimination of urinary incontinence
- Improved abdominal muscle strength and tone

PELVIC PAIN

Pelvic pain has many causes and can affect both men and women. It can be felt during a specific activity or throughout the day or night.

- Symptoms may include burning pain in the pelvis, painful intercourse, or pain with bowel movement.

The typical length of treatment for pelvic pain is once a week for 8 to 10 weeks.

THE RIGHT EXPERIENCE

Christina Lee is a women's health physical therapist. She makes use of her specialized training to educate, evaluate and treat female and male patients to increase activity levels, decrease pain and promote health through their life span.



CHRISTINA LEE, PT

BS in Physical Therapy, University of Washington
BS in Health Science and Human Performance, University of Anchorage
8 years of experience in clinical evaluation and treatment of women's health issue

PREGNANCY AND BACK PAIN

- Symptoms include back or pelvic pain with daily activities, exercise or household tasks.

Can be felt as early as 8 weeks into pregnancy.

The typical length of treatment for pregnancy related back pain is one to two times a week for 8 to 12 weeks.