

Commonly Seen Pelvic Problems

Incontinence

Weak sphincter

Overactive Bladder

Pelvic Muscle Weakness/Spasm

Bladder Pain (Interstitial Cystitis)

Pelvic Pain

Muscle spasm

Pain with sex

Tailbone pain (coccydynia)

Buttocks/hip pain

Pre/Post-Baby Programs

Back pain with pregnancy

Getting your body back in shape

Core Muscle Weakness

Torn/Strained Muscles

Dislocation/Instability

Sports /birth Injuries

Post-prostatectomy

Independently Owned

Certified

Rehabilitation Agency

Est. 1986

Services Include

Physical, Occupational & Speech Therapies

Pediatric thru Adult:

Our therapists take the time to work with you and your family on an individual basis. Together, we strive to achieve the goals that matter most in your life.

The Choice Is Yours!

Rehabilitation Works

303 Balch Street

Kalamazoo, MI 49001

Ph: 269-343-7100

Fax: 269-343-1330

www.rehabilitation-works.com

We participate with a majority of insurances including Medicare.

We also offer a self-pay option.

Rehabilitation Works

*Physical, Occupational, and
Speech Therapy*

Physical Therapy

for the

Pelvis



If you are experiencing:

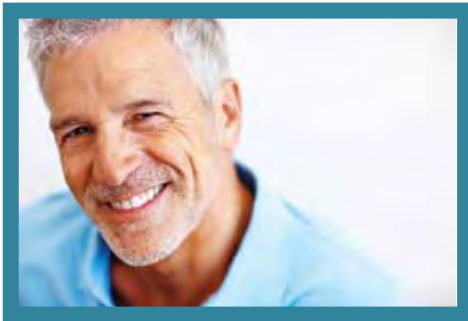
- Discomfort or pain with intimacy
- Leakage when you cough, sneeze or stand up
- Urgency- can't make it into bathroom
- Difficulty getting urine started
- Pelvic pain or pressure

Don't wait another day!

What do we offer at Rehabilitation Works?

Experience!

Our physical therapy team has been working with men, women, and children suffering with 'pelvic' issues for the past 15 years.



Skilled Manual Therapy!

- **Myofascial Release:** consists of the application of gentle guided pressure into tissue restrictions. These specific techniques encourage tissue to relax and lengthen allowing for improved movement/function.
- **Soft Tissue Mobilization:** a combination of advanced techniques to release different types of tissues.

- **Joint Mobilization:** Knowing how the joints of the pelvis and spine are supposed to move and helping to achieve that movement through gentle techniques.
- **Superficial Connective Tissue Release:** an age-old technique of separating the superficial tissues (skin/scars) from underlying tissue.
- **Therapeutic Exercise:** exercises are selected specifically for you. These exercises will help protect injured areas, strengthen appropriate muscles and allow you to heal more quickly.



Specific exercises designed for your body's changes during pregnancy and after delivery.

Therapeutic Activities:

We teach you how to perform daily activities without further injury, getting you back to work or play more quickly.

Other Treatment Tools

We also use a variety of devices to help patients relax, strengthen muscles, decrease swelling, stretch tissue, improve blood or lymph flow, decrease pain, and improve healing time.



**Call Today:
269-343-7100**