

# Women have specific needs

# Don't deal with pain and discomfort

# How to get the help you need

**Women have specific needs** in regard to their physical well-being. Performing a comprehensive evaluation, and providing an individualized plan of care is essential. Physical therapy provided by a skilled therapist in a comfortable environment is our clinic's standard.

## Areas of specialty treated, but not limited to, include:

- Prenatal and post-partum care
- Incontinence
- Sports medicine
- Osteoporosis
- Chronic pain
- Vestibular disorders
- Human performance

## Women are notorious for “just dealing” with their physical health.

Ignoring or not sharing symptoms with your physician, or assuming things will resolve on their own often results in further injury, disease progression, and/or a poorer prognosis. Take charge of your health, research your treatment options, and talk to your physical therapist about your well-being. We are here to improve your human performance in all stages of your life.

Discuss physical therapy as an option with your physician, and obtain a referral to utilize with your PT of choice.

•**Free consultations** are available with your physical therapist to assess your needs by simply calling the office to find a time that works for your schedule.

•Additional information about our clinic services can be found at:

