WOMEN'S HEALTH PHYSICAL THERAPY



Aylara
Pelvic Health

Rehabilitation Services Designed with Women in Mind

All physical therapy and rehabilitation services are not created equal. Women have specific health needs, each of which comes with its own plan for healthy rehabilitation. Our complement of women's health services allows you to receive treatment for a variety of conditions.

Did You Know?

- It may be common, but it's not normal, to have bladder and bowel incontinence when you laugh, sneeze, or jump on a trampoline?
- It's not normal to get up multiple times at night to go to the bathroom.
- Carrying a baby in utero and deliver of a baby naturally or via C-section is as traumatic as a major surgery, such as a total joint replacement, which requires therapy.
- It is not normal to have pain with intercourse.

Physical therapy can help with all of theses issues - decreasing or even eliminating bowel and bladder incontinence, prenatal and postpartum aches and pains, weakness, restoring abdominal control, decreasing pelvic floor pain.



Contact Us

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