



There's new hope for patients needing pelvic rehabilitation— *and a new TherapySouth Clinic in Homewood!*

TherapySouth has opened a new Pelvic Rehabilitation clinic to meet the unique pelvic health needs of both men and women. A Certified Pelvic Rehabilitation practitioner and experienced therapists with advanced training in pelvic floor dysfunction are prepared to care for the challenging needs of this patient population.

Our team collaborates with medical and pre- and post-operative interventions to improve and even restore the functional status of these patients. Our clinic is equipped with state-of-the-art physical therapy and pilates equipment to meet the dynamic needs of our patients during their plans of care and beyond their impairment following discharge. For healthy and strong

bodies and for the prevention of injuries, we now have the ability to provide one-on-one and small group studio style yoga, pilates (reformer and mat) and core alignment training for both rehabilitation and wellness.

We specialize in:

- Pelvic floor dysfunction
- Women's health
- Postural restoration
- Orthopedic dysfunctions of the spine, pelvis, hip, sacrum and coccyx
- Musculoskeletal concerns of the peri-natal/OB patient
- Exercise design utilizing yoga and pilates

(continued)

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and work!

Common diagnoses treated by our Women's Health and Pelvic Rehab team include:

- Abdomino-pelvic, low back and hip pain
- Pelvic floor muscle weakness, tension myalgia and dyssnergia
- Pre- and post-operative abdomino-pelvic, urological, gynecological and colo-rectal surgeries
- Urinary and fecal incontinence
- Pudendal nerve entrapment and pudendal neuralgia
- Peri-natal musculoskeletal conditions associated with pregnancy and child birth:
 - Pelvic girdle dysfunction
 - Diastasis Rectus Abdominus
 - Muscle strains and tendon injuries
 - Pelvic Organ Prolapse
 - PFM dysfunction
 - Episiotomy pain
 - Nerve palsies
- Leg length discrepancies
- Gait dysfunctions
- Sciatica
- Piriformis Syndrome
- Osteoporosis
- Scoliosis

Our team in Homewood is ready to serve you and the special health care needs of this patient population. Please call us or fax your PT referral with demographics.



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