

## TREATMENT

### Education

- Muscle anatomy and function
- Muscle re-education and strengthening
- Postural training and body mechanics
- Care of abdominal scars
- Bowel/bladder training
- Counseling in splints, braces and orthotics
- Soft-tissue mobilization

### Exercise

- Stretching
- Individualized exercise programs to increase function, strength and flexibility
- Home-exercise program

### Pain Relief

- Myofascial and soft-tissue release techniques
- Joint mobilizations
- Ultrasound and electrical stimulation
- Trigger point release and/or dry needling
- EMG biofeedback



## PHYSICAL THERAPISTS



**Sarah Hudelson, PT, DPT**, received her doctorate in physical therapy from Northern Arizona University in Flagstaff, Arizona. She specializes in pelvic floor physical therapy for men and women, pregnancy and postpartum support, urinary dysfunction, pelvic problems and athletic injuries.



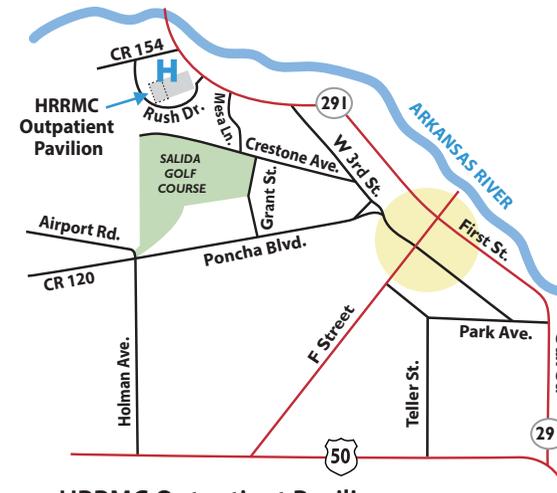
**Ann Croghan, PT, DPT**, earned her doctorate in physical therapy at the University of Colorado. She specializes in pelvic floor physical therapy for men and women, pregnancy and postpartum support, urinary dysfunction and pain.



**Allie Hammond, PT, DPT**, graduated from the University of Colorado with a doctorate in physical therapy. She specializes in pelvic-floor physical therapy for men and women and outpatient orthopedics. Allie is certified in mental health first aid and is a basic life support instructor for the American Heart Association.

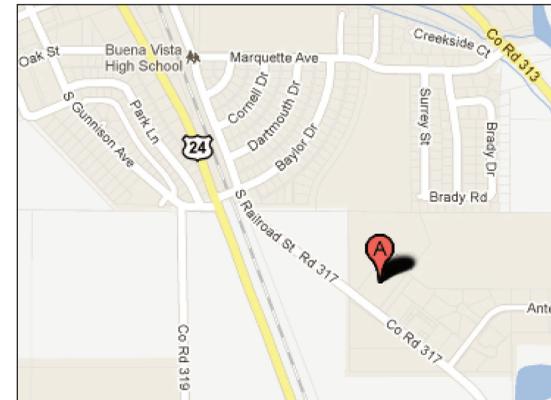


**Laura Williams, PT, DPT**, received her doctorate in physical therapy from the University of Colorado School of Medicine. She specializes in pelvic-floor physical therapy for men and women, chronic pelvic pain, sexual dysfunction, urinary incontinence, pregnancy and postpartum support, and yoga for pelvic pain.



**HRRMC Outpatient Pavilion**  
1000 Rush Drive, Salida, CO 81201  
Phone: 719-530-2040 • Fax: 719-530-2041

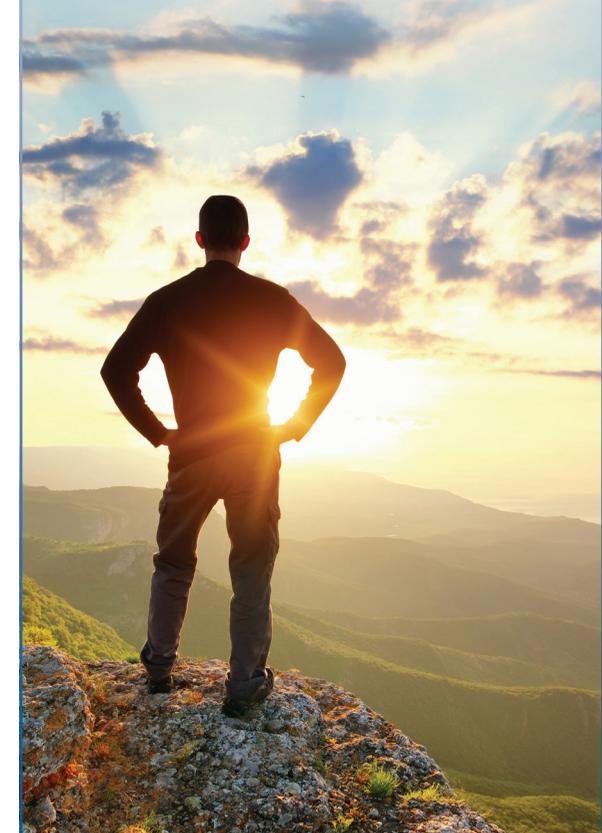
The HRRMC Outpatient Pavilion is attached to the hospital but has a separate entrance. Patients will check in for their appointment in the Outpatient Pavilion, not at the hospital's main registration desk.



**HRRMC Buena Vista Health Center**  
28374 County Road 317 • Buena Vista, CO 81211  
Phone: 719-395-9048 • Fax: 719-395-6348



## PHYSICAL THERAPY FOR MEN'S HEALTH





## MEN'S HEALTH AND PELVIC FLOOR PHYSICAL THERAPY

**Men experience unique problems that may be helped by physical therapy.**

Men of all ages can suffer from bladder, bowel, prostate and other disorders in the pelvic region. Symptoms like leaking after you urinate, numbness while sitting, or pain during intercourse are not normal.

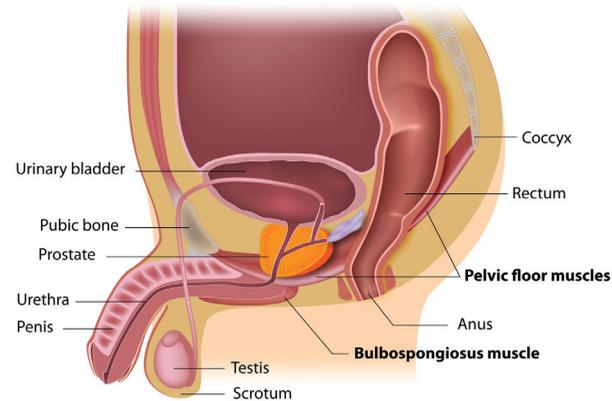
These disorders can significantly compromise a man's quality of life and may result in depression or avoidance of physical and sexual activity due to discomfort and embarrassment.

Working with a pelvic floor physical therapist can help resolve these symptoms and improve your quality of life.

## WHAT IS THE PELVIC FLOOR?

The pelvic floor is a group of muscles that help to support your pelvis, hips, spine and internal organs. Just like other muscles of your body, dysfunction may result from injury or incorrect use.

Symptoms of dysfunction in the pelvic floor can include pain, incontinence, weakness, tightness, erectile dysfunction and more. It is important to keep these muscles healthy and functioning properly.



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A specially trained pelvic floor physical therapist can treat a wide variety of conditions. The therapist will work with your primary care physician and other specialists—such as your urologist, gastroenterologist, orthopedist, pain physician, oncologist and plastic surgeon—to coordinate your care.

## CONDITIONS TREATED

### Urinary or Bowel

- Urinary and/or fecal leaking (incontinence) including urgency and frequency
- Overactive bladder or weak bladder
- Painful bladder syndrome and interstitial cystitis
- Urinary retention
- Constipation
- Prolapse, pelvic-organ prolapse
- Irritable bowel

### Male Reproductive Organs

- Post-prostatectomy recovery
- Prostatitis and chronic pelvic pain syndrome
- Penile pain or pain with intercourse
- Testicular pain
- Erectile dysfunction
- Ejaculation and orgasm mistiming

### Abdomen

- Hernias and hernia-repair recovery
- Abdominal pain from surgeries, scarring or unknown reasons

### Back, Hips and Pelvis

- Tailbone pain and pain with sitting
- Numbness with sitting or bike riding
- Labral tears
- Hip pain
- Lower back pain
- Pubic bone pain and pain with movement
- Pelvic pain

## WHAT TO EXPECT ON YOUR FIRST VISIT

You will have a private, in-depth evaluation with a specially trained pelvic floor physical therapist. The evaluation includes your medical history, a movement analysis, and an assessment of your posture, muscles and nerves. For patients with pelvic floor dysfunction, pelvic pain, and/or leakage (incontinence), an internal exam may be performed to optimize your outcome and recovery time.

