

# CLEMENS PHYSICAL THERAPY, PLLC

## PELVIC ORGAN PROLAPSE

Pelvic organ prolapse is the dropping of a pelvic organ into the vaginal cavity. The bladder is the most common organ, although this can also occur to the rectum, intestines, or uterus. Symptoms may include a heavy feeling in the pelvis or leakage of urine. It can be caused by weakness in the pelvic floor muscle or loss of the structures that support the pelvic floor organs. This can be seen with pregnancy and childbirth (especially after multiple vaginal births) or simply the aging and loss of the supportive function and weakness of the pelvic floor.

At Clemens Physical Therapy we are able to treat pelvic floor weakness and dysfunction. We have experience and expertise in working with this special type of problem. Treatment is provided in a small, comfortable, caring environment with extensive explanations regarding your plan of care and special consideration to the sensitive nature of the problem. Our approach works well along with medication and other treatments or surgeries provided by your physician.

*\* for more information, go to **SEARCH** on our website and type in **PROLAPSE***

### TYPES OF PROLAPSE

- Cystocele– bladder
- Rectocele-rectum
- Uterocele-uterus
- Enterocele– intestines

### TREATMENTS AT CLEMENS PHYSICAL THERAPY

**Manual “hands-on” therapy:** Very gentle treatment designed with people with pelvic pain in mind. The goal is to stretch tight muscles of the back, pelvis, and pelvic floor and mobilize joints without aggravating symptoms.

**Exercise:** Very gentle strengthening and stretching programs in the correct positions designed with people with prolapse in mind. The goal is to restore function and prevent future problems.

**Biofeedback:** Used to teach relaxation techniques or to retrain muscles to perform correctly and efficiently. Uses a computer screen to “see” body processes.

**Education:** Addresses safe lifting techniques, work/activity modification, posture awareness, and prevention measures. Self-help techniques to help you maintain your progress on your own

**Modalities:** Moist heat, ice, ultrasound, or electrical stimulation to decrease pain and inflammation and loosen tight muscles.

#### Clemens Physical Therapy PLLC

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Doctor of Physical Therapy  
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# CLEMENS PHYSICAL THERAPY, PLLC

## Why We Are Unique

- Years of expertise and extensive specialization in the areas of chronic pain and women's health
- Treatment is one-on-one
- Most treatment sessions last one hour but may be shorter or longer depending on your needs
- An initial evaluation/exam is performed on the first visit to determine your needs for treatment
- A plan of care for treatment is developed to address your needs and concerns
- We will answer any questions you may have
- Care is provided in a small, comfortable setting
- We specialize in the treatment of painful conditions and will tailor the intensity of rehabilitation to your tolerance
- Exercises and stretches will be used to help you reach your goals and to help prevent future problems
- Treatment does not involve surgery or medications
- Treatment works well along with medication or other medical treatments

## How to be seen at Clemens Physical Therapy

- Treatment is covered by most insurances
- Insurance coverage may require a Doctor's referral
- Referrals can be faxed to 304-842-0060
- Appointments can be scheduled by calling 304-842-6008
- We offer convenient hours including late appointments most days to accommodate your busy schedule
- We understand your time is valuable. We typically see patients at their scheduled appointment time with little to no wait
- Please call if you cannot make your appointment for any reason. We do not double-book patients—your time is set aside specifically for you. If you are unable to come, we can offer that appointment to someone else that needs it.
- We accept Visa, Mastercard, and Discover
- **Please feel free to ask any questions you may have.**  
**304-842-6008**

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