

OUR MISSION

At Empower Physical Therapy, we improve quality of life for patients living with pelvic floor dysfunctions, sexual disorders, and chronic pain. We are a source of education, motivation, and compassion for delicate, complex, and often debilitating conditions. We partner with the patient, their family, and medical staff for comprehensive healing. Our therapists have obtained specialized, advanced training to develop treatment programs at the highest level of expertise and insight. Our individualized plans are focused on **results:** restoring confidence, control, function and independence.



EMPOWER
PHYSICAL THERAPY

Excellence. Compassion. Results.



*Exercises, tips, latest research
and motivation at*
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Prostate Health & Rehabilitation



Empower Physical Therapy

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www.empowerpa.com



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in Women's Health*
Owner & President
Empower Physical Therapy

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We might be the only people who *want* to talk about your prostate problems.

They're embarrassing, uncomfortable, and most men don't want to discuss them. They're **prostate problems**, and they're interrupting your life and relationships with discomfort and unpredictability.

At Empower we *want* to talk about your prostate problems — because we've seen what therapy can do. With a strategic approach, we help restore pelvic floor function to allow you to resume normal activities without symptoms.

You may benefit from this program if you have a diagnosis of:

Urinary incontinence
Erectile dysfunction
Post-void dribble
Prostatitis
Interstitial Cystitis (IC)
Urinary urgency/frequency
Back, groin, penile, testicle or rectal pain
Painful ejaculation
Chronic constipation

Have you been diagnosed with chronic prostatitis?

Perhaps it isn't your prostate, but your pelvic floor muscles that aren't working properly.

Complications from Prostate surgery left me with little bladder control. Empower devised an exercise program to train core muscles to control bladder function.

In less than 10 weeks, I have regained 99% bladder control, as well as my pride and dignity.

Thanks, Empower. //

GEORGE H.

An Empowered Patient

Your individualized therapy treatments include:

A comprehensive evaluation

Trigger-point release *(internal and external)*

Soft tissue massage and joint mobilization

Patient education

Therapeutic exercise

Core strengthening

Activity modification

Postural education

Relaxation techniques

Biofeedback *(internal and external)*

Muscle re-education

Electrical stimulation

Behavior modification



WHY EMPOWER?

- ▶ **All treatments are one-on-one, with the same therapist, in a private room**
- ▶ **A Pilates philosophy incorporated into each treatment, emphasizing core and pelvic floor strength and stability**
- ▶ **State-of-the-art equipment for individual use or group classes**
- ▶ **Friendly staff offering support, obtaining appropriate referrals, and explaining benefits**
- ▶ **Convenient hours, 5 days a week**
- ▶ **A handicapped-accessible facility**