

OUR MISSION

At Empower Physical Therapy, we improve quality of life for patients living with pelvic floor dysfunctions and sexual disorders. We are a source of education, motivation, and compassion for delicate and complex 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.

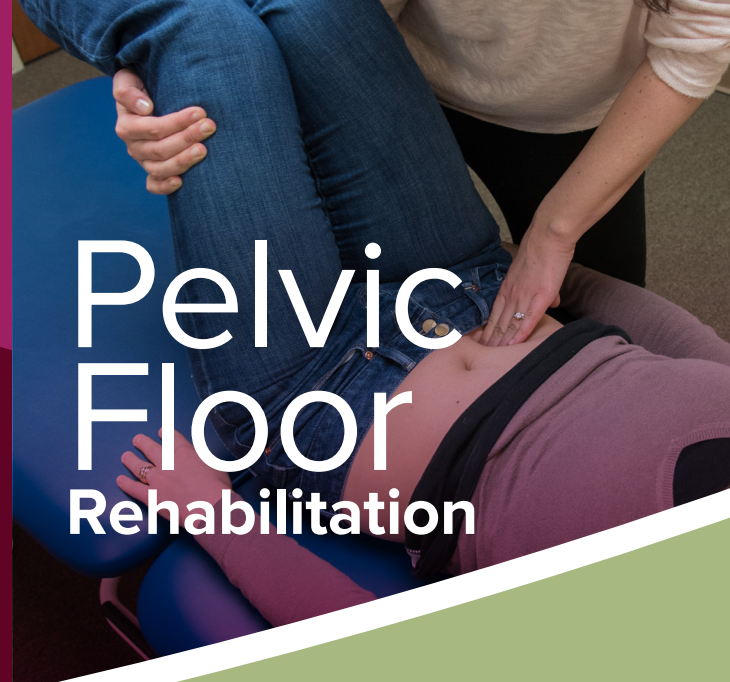


*Exercises, tips, latest research
and motivation at
[facebook.com/
EmpowerPhysicalTherapy](https://facebook.com/EmpowerPhysicalTherapy)*



*Exercises, stretches and
patient testimonials at
[instagram.com/
empowerphysicaltherapy](https://instagram.com/empowerphysicaltherapy)*

Pelvic Floor Rehabilitation



From the trusted team at



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PHYSICAL THERAPY

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Empower Physical Therapy

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*Board-Certified Clinical Specialist
in Women's Health*

*Owner & President
Empower Physical Therapy*

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There's nothing
we haven't heard,
and helped,
before.

Problems of the pelvic floor aren't easy to talk about. Pain, unpredictability, and lack of control in the bathroom or the bedroom are embarrassing and frustrating symptoms for patients, and can be baffling to their doctors.

At Empower, we know that **the pelvic floor** is a misunderstood and underestimated set of muscles. When they are weak or dysfunctional, our urinary, bowel, sexual and muscular control and comfort is compromised.

Therapy can offer relief for your:

**Pelvic, bladder, rectal
or vulvar pain**

**Urinary urgency
or frequency**

**Urinary or fecal
incontinence**

Constipation

Prostatitis

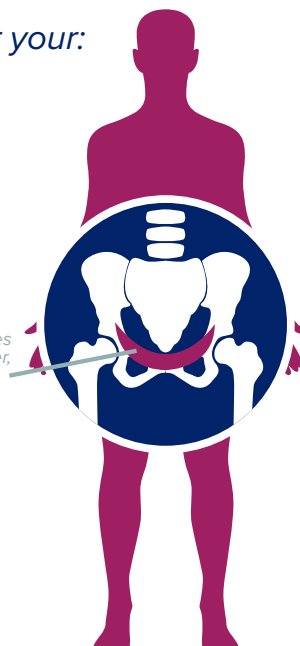
**Pelvic Floor
organ prolapse**

Pudendal neuralgia

Interstitial cystitis

Pre- or post-partum pain

*and the whole-body stress
these conditions cause*



Pelvic floor muscles
support the bladder,
uterus, prostate,
colon and other
organs

*It took two years for my
regular doctors to figure out
why I was experiencing pain.
After entering physical therapy,
I finally got answers.
I feel significantly better.
I have more confidence
and for the first time
in four years I actually
see improvement in my
condition.*

Katelyn S.
An Empowered Patient

Your individualized therapy includes:

A comprehensive evaluation

**Myofascial and trigger-point
release** *(internal and external)*

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 is 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 offer support, obtain appropriate referrals, and explain benefits**
- ▶ **Convenient hours, 5 days a week**
- ▶ **A handicapped-accessible facility**



**WATCH:
Christy's Story**

*Whole-person healing
for pain-free living*

www.bit.ly/empowerchristy