



What is Women's Health Rehabilitation?

SMC offers innovative treatments and therapies, helping women regain their well-being and once again enjoy active, satisfying lives.

An evaluation includes an assessment of the individual's posture, range of motion, muscles, nerves, joints, balance, coordination, and motor control. Further diagnostic tests are ordered if necessary.

Following an evaluation, a custom treatment plan will be designed to restore your ability to perform activities of daily living and leisure.

Services offered at SMC—

Physical Therapy to restore optimal function and reduce pain

Occupational Therapy to help women lead more independent daily lives

Pelvic Floor Rehabilitation to regain control of the pelvic floor muscles and pelvic joints

Manual Therapy

Therapeutic Exercise

Pain Management

Biomechanical and Postural Training

READY TO SCHEDULE? HAVE QUESTIONS? CALL TODAY—

402 443-1426

saundersmedicalcenter.com



Women's Health



YOU ARE NOT ALONE.
WE CAN HELP YOU.

Urinary Issues

This embarrassing little problem is urinary incontinence, and lots of women—regardless of age—are secretly dealing with it.

About 25% to 45% of women suffer from urinary incontinence, defined as leakage at least once in the past year.

Commonly Treated—

- Stress incontinence
- Urge incontinence
- Urinary frequency
- Post-bladder surgeries
- Post-cancer surgeries
- Painful bladder syndrome



Pregnancy Issues

If your back or pelvic pain from pregnancy worsens with getting up from a chair, rolling in bed, getting in and out of the car, lifting up one leg, or walking, your pain may be caused by pelvic girdle dysfunction.

This is a common musculoskeletal condition that occurs during pregnancy due to strain on the pelvic joints.

Commonly Treated—

- Pelvic girdle dysfunction
- Episiotomy pain
- Postpartum issues
- Post-C-section surgery

Pain Issues

If you have pain below your belly button and above your legs, it counts as pelvic pain. It can be caused by a lot of things—things that can be treated.

Commonly Treated—

- Pelvic pain
- Vaginal pain
- Menstrual pain
- Back pain
- Pain with intercourse
- Interstitial cystitis
- Sciatica
- Endometriosis pain
- Sacroiliac dysfunctions
- Sexual dysfunction

