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ASK A PROFESSIONAL

Q: I went in to see my OB/GYN for some “woman” issues I was having recently, and he recommended I attend PT. I was really confused by that, what does PT have to do with that kind of problem?

A: You might be surprised to find out that PT can help a lot with a host of women’s health issues. Here are a few examples:

1. Childbearing -- Supporting the weight of the baby, hormone changes, and lack of core strength can affect a woman during pregnancy. Many women assume these are permanent changes they must learn to cope with in the long-term. But that’s not true. PTs can help with many related issues, including body mechanics and flexibility, safe exercise plans before and after childbirth, improving the function of pelvic muscles, incontinence, back and sciatic pain.
2. Gastroenterological and urological conditions -- Conditions that fall under these categories, such as bowel incontinence and constipation, are often ones that women do not feel comfortable discussing or may not even know that these issues can be treated. Women’s health PTs have specialized education and expertise and frequently help women with these issues.
3. Pelvic floor dysfunction and gynecological conditions -- Pelvic organ prolapse, pelvic pain, and pain with sexual intercourse are some of the issues that many women deal with silently. PTs can help with solutions that often do not involve surgery or long-term use of prescription medications.
4. Menopause -- Menopause can mean significant changes for a woman, including weight gain, insomnia, and hot flashes. PTs can design an exercise plan to help with those effects while also improving strength and balance, which in turn helps with building muscle and maintaining bone density and posture.

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