




TaylorRehab

physical therapy



Our team has been vaccinated against COVID-19!



WWW.TAYLOR-REHAB.COM

How Physical Therapy Helps Pelvic Health

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Are you experiencing pelvic pain? Have you struggled with incontinence? It can be challenging for some people to talk about these types of struggles. At Taylor Rehab Physical Therapy, we are musculoskeletal experts and work with people experiencing difficulties in all body regions.

Our highly trained team uses the most advanced strategies to help alleviate the pain and restore normal function of the bowel and urinary systems. We also help people experiencing pain during sex.

Is a pelvic health issue significantly impacting your overall well-being? Request an appointment with one of our specialists at Taylor Rehab Physical Therapy so we can help you find relief!

What is the Pelvic Floor?

The pelvic floor is a term used to describe the region located in the bottom aspect of the pelvis.

This system is supported by several muscles that also provide several essential functions, including supporting the organs found in the pelvis, bladder and bowel control, and sexual function. Impairments in muscle function can lead to pain and dysfunction.

The ability to contract and relax the pelvic floor correctly can be affected by several factors, including:

- Weakened bladder muscles resulting from pregnancy, childbirth, obesity, and aging
- Hypertension in the pelvic floor due to stress or high-intensity exercise
- Physical damage to your pelvic floor muscles from childbirth or surgery
- Damage to the nerves from health problems like diabetes and multiple sclerosis

- Types of cancer
- Certain medications
- Trauma (physical, psychological/emotional)

Fortunately, our physical therapists know how to identify and resolve the factors contributing to your discomfort.

The Different Types of Urinary Incontinence

Urinary incontinence is any undesired leakage of urine and involves the pelvic floor muscles. The pelvic floor muscles attach to the bottom of the pelvic bones and form a supportive "hammock structure" that supports the internal organs.

The different types of incontinence include:

- Stress incontinence: This occurs when intra-abdominal pressure increases during physical activity (i.e., playing a sport, running, laughing, or sneezing).
- Urge incontinence: This accidental leakage occurs with a sudden, strong need to urinate before reaching the bathroom.
- Mixed incontinence: A combination of both stress and urge incontinence.
- Functional incontinence: People experience accidental leaking on the way to the bathroom, even without an intense urge to urinate.
- Urinary frequency: Some people feel the need to empty their bladder frequently throughout the day and night.

Incontinence affects twice as many women as men due to pregnancy, childbirth, and menopause. Fortunately, there are many treatments for urinary incontinence.

Continued Inside



Continued From Outside

How Physical Therapy Can Help

When you visit Taylor Rehab Physical Therapy, you will unlock a personalized treatment plan designed just for you. We will conduct a thorough history and physical examination to identify all the possible factors contributing to your condition.

Evaluating the strength of the pelvic floor muscles includes assessing your ability to willfully contract your muscles and also identifying your ability to generate power and sustain a contraction (endurance). It is also essential to test your contraction speed and your ability to relax on command.

We will use this information to develop an individualized program focusing on helping you resolve your pain and restore your function. Our pelvic floor treatments include:

- Soft tissue mobilization and massage of internal and external pelvic musculature to relieve muscle tension and provide pain relief
- Pelvic floor muscle retraining to restore normal strength and endurance
- Neuro-retraining (i.e., incorporating pelvic floor muscle activation during simulated daily activities)
- Bladder training (i.e., gradually holding urine for longer and longer periods)

Our team will educate you on home exercises and simple movements that you can build into your everyday activities. We believe that teaching you strategies to manage and improve your pelvic health is the key to lasting results.

Refer a Friend!

Who do you know that needs our help? We love helping people achieve relief from pain and reach their full potential, thus making a difference in their lives. Consider sending them to our website or invite them to come with you to therapy so they can witness the magic happen!

Our purpose at Taylor Rehab Physical Therapy is to leave a greater impact on the community around us. In order to achieve our goal we want to change as many lives as possible as we become a beacon of positivity in our community.

We will gladly answer any questions they may have about their condition and how we can help. They will thank you and so will we!



Another 5 Star Review!



"I have been so pleased with Taylor Rehab. I felt I received a thorough evaluation and program. My therapists was wonderful. I could not have asked for a more complete and personal program, and thanks to all associated with this fine group!"
- June F.

Upcoming Free Workshops



Free Shoulder Pain/ Rotator Cuff Workshop

Saturday, July 16th
10:00am

167 Gateway Blvd. Mooresville, NC 28117



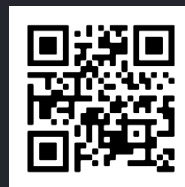
Help us help more people in our community
by leaving a Google Review

At these workshops, you will learn how to get back to normal life naturally without medications, injections, or surgery!

Register by visiting taylor-rehab.com today!
Limited spots available.



Gateway



Morrison

Staff Spotlight

Our Experts in Women's Pelvic Health & Incontinence



Stephanie Campbell,

PT, DPT, FAAOMPT, Dip. Osteopractic

Stephanie joined the Taylor Rehab team in May 2016. She graduated with a Doctorate of Physical Therapy from the University of Florida after completing her Bachelor's in Exercise Science. Like many physical therapists, she discovered the profession through injuries of her own while playing high school and collegiate club soccer. Stephanie has a passion for treating sports injuries, spine pain and general orthopedic injuries.

She is certified in Dry Needling and Spinal Manipulation through the American Academy of Manual Therapy (AAMT). Stephanie completed an APTA credentialed Fellowship in Orthopedic Manual Physical Therapy through AAMT and holds a Diploma in Osteopractic, a 9-course series specializing in application of the best evidence for neuromuscular conditions with an emphasis on differential diagnosis and the use of manual therapy interventions such as dry needling, spinal manipulation, cupping and instrument-assisted soft-tissue mobilization. She was accepted as a Fellow of the American Academy of Orthopedic Manual Physical Therapists in 2019. Stephanie serves as a mentor for Fellows-in-Training as well as a Clinical Instructor for Doctor of Physical Therapy students and is constantly seeking to further her knowledge and skills as a physical therapist.

Stephanie has lived in North Carolina since 2015 and enjoys all outdoor activities. She loves hiking, weight lifting and yoga and is an active participant at a local Cross Fit box.



Hollie Champion,

PT, DPT

Hollie graduated from East Carolina University with her DPT in 2020 after finishing at UNC Wilmington with a Bachelor's in Exercise Science. She has a passion for treating women's health conditions, various orthopedic diagnoses, and gait/balance dysfunction. She has taken additional certifications and coursework including two Pelvic Health Evaluation and Treatment courses, and Dry Needling. She is currently working on getting certified in spinal manipulation, Selective Functional Movement Assessment (SFMA), and a Pregnancy/Postpartum Corrective Exercise Specialty (PCES). Hollie was born and raised in Charlotte and enjoys walking her Chiweenie and playing tennis.

Service Spotlight: Myofascial Release

Are you living with stiff or tight muscles? If so, you have what is called myofascial pain caused by muscular irritation, and the myofascial release treatments provided at Taylor Rehab Physical Therapy may benefit you and help you live life with less pain.

If your stiff or tight muscles are limiting your daily life, don't hesitate to request an appointment. One of our Mooresville physical therapists would be happy to meet with you and discuss how myofascial release can benefit you!

How Will Myofascial Release Help Me?

Myofascial release is a type of physical therapy treatment in the form of massage or passive stretching that helps alleviate pain by relieving tension within the affected muscles. Our Mooresville physical therapists are highly trained in this treatment method with an extensive understanding of what specific pressure points to focus on, in order to bring your fascia back to its elastic form.

What Conditions Do Myofascial Release Treat?

When muscles become constricted or tight, it can significantly impact your mobility. This can cause pain and limitations with movement. Fortunately, myofascial release works to reverse this by loosening up the constricted muscles, thus allowing for easier, pain-free movement.

There are several conditions that can be treated with myofascial release. Some of the most common include:

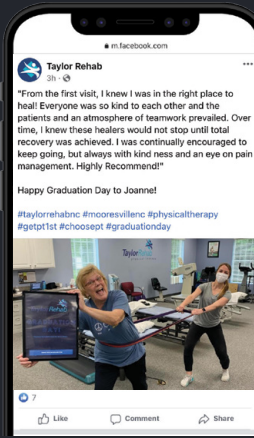
- Myofascial Pain Syndrome
- Injury
- Chronic Headaches/Migraines
- Carpal Tunnel Syndrome
- Pelvic Floor Dysfunction
- Venous Insufficiency
- Temporomandibular Joint Disorder
- Fibromyalgia
- Injury

If you have been diagnosed with one of the conditions listed above, or another condition that you think could benefit from myofascial release, contact our Mooresville physical therapy office today.

www.taylor-rehab.com

Follow Us On Facebook!

We stay active on Facebook to provide you important updates, what's happening around our clinic, free workshops, patient success stories, and more! Don't miss out - follow us today!



Pictured in the image to the left: Taylor Rehab celebrating Joanne's graduation day!



SCAN ME

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