

Some of the most exciting advances in medical science have been in the area of women's health. Conditions that were previously "part of life" can now be alleviated or managed to *improve* the quality of a woman's life.

At Washington County Hospital and Clinics, our Physical Therapy Department has made a commitment to promote women's health issues throughout the life span. Physical Therapists are trained in a unique way to be able to assess muscle, nerve, and joint tissues. Our Physical Therapists have received specialized training to treat the unique problems of the female client. Each woman receives treatment to meet their special needs.



WASHINGTON COUNTY  
HOSPITAL AND CLINICS

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# PHYSICAL THERAPY SERVICES FOR WOMEN



Washington County  
Hospital and Clinics  
Physical Therapy

319-863-3962

*MAKING A COMMITMENT TO  
WOMEN'S HEALTH*

## Examples of Conditions Treated:



- Dysmenorrhea
- Fibromyalgia
- Incontinence
- Pelvic Floor Weakness
- Lymphedema
- Pain During Pregnancy
- Osteoporosis
- Pelvic Floor Tension and Pain

### **DYSMENORRHEA**

Painful menstruation, often associated with bloating or pain during intercourse, may be relieved with certain exercises and with TENS.

### **FIBROMYALGIA**

Fibromyalgia is a chronic condition with persistent and widespread muscle pain with specific tender points. Other symptoms can include generalized stiffness, fatigue, anxiety, and cognitive impairment. Physical Therapy can be helpful in developing an exercise program, treating the pain, and teaching the person how to manage the condition. Classes are offered yearly to help the client learn how to manage the condition.

### **OSTEOPOROSIS**

Osteoporosis is a disease in which bones become thin and brittle, and break more easily. Specific exercises have been proven to assist in improving bone density. Classes to learn how to manage osteoporosis are offered according to need.

### **LYMPHEDEMA**

Lymphedema is a persistent swelling of the arm or leg. One cause may be disturbance of the lymph nodes after cancer surgery. Exercise, massage, and compression bandaging by a certified therapist are helpful in achieving decreased swelling.

### **PAIN DURING PREGNANCY**

Women who are pregnant may suffer from pain or aching in the back or other areas due to changes in posture, weight, body mechanics, or hormonal factors. Manual therapy techniques, exercise, and education in body mechanics can alleviate musculoskeletal pain during pregnancy.

### **PELVIC FLOOR PAIN**

This condition occurs when the sling of muscles supporting the bladder, uterus, and rectum become painful. Pain with sitting or intercourse, for example, may occur in the vaginal, hip, or abdominal areas. This pain can often be alleviated with manual therapy, exercise, and biofeedback to relax excessively tight muscles.