

Take Control

Written by Lorna Kohn



The unexpected sneeze. A deep cough during allergy season. Uncontrollable laughter that comes after your best friend tells a hilarious joke. While these things seemingly have nothing in common - if you struggle with bladder control these scenarios are your worst fear come true.

While FYZICAL Therapy & Balance Centers started as a specialty clinic for the treatment of dizziness and imbalance in 2016, serving in the

realm of pelvic health therapy was part of the clinic's vision from the beginning as the dizziness/imbalance and pelvic health populations are underserved in this community. In 2018, the clinic officially launched the pelvic health specialty program.

With four dedicated team members, FYZICAL in Dakota Dunes offers a unique blend of physical therapy techniques to aid in treatment for a variety of issues

related to pelvic health including bladder leaking, urgency, pelvic pain, constipation, pain in pregnancy, and healing post-partum, in addition to treatment of vestibular (dizziness/imbalance) disorders.

"November is Incontinence Awareness Month," explains Dr. Mallory Hertz, PT, DPT, with FYZICAL. "It's common to notice leaking as we age, but in reality, it's never normal. Furthermore, it's



Spelled different because we are different



not really because of age, these issues usually stem from insufficient recovery after pregnancy or childbirth. And, we can help!”

When you are pregnant and go through childbirth, either vaginally or cesarean, it takes a toll on your pelvic floor. Women usually compensate for the weakness over the years until the aging process no longer allows it. During a physical therapy session, women can learn exercises to help strengthen their pelvic muscles to better control bladder leaking. An appointment at FYZICAL to assess your pelvic muscles can help you avoid future issues.

“Standards for post-partum care in this country are inadequate compared to other countries,” explains Dr. Hertz. “If every post-partum woman were to be assessed and guided by a pelvic health physical therapist, we would see a lot less patients noticing leaking with age.”

Even if you haven’t experienced bladder leaking yet, if you’ve been pregnant, you should make an appointment to get an assessment and learn the right exercises to help you avoid leaking or other issues in the future. Just doing these

exercises when you remember isn’t going to make a difference. And, it’s essential that you are doing the exercises properly. A pelvic physical therapist can assess your muscle contraction and put you on a proper routine to make these exercises more effective for you and your pelvic floor.

Aside from bladder leaking, a weak pelvic floor following childbirth or pregnancy can also lead to a variety of other issues including pain, constipation, prolapse, and spasms. The right physical therapy regime can help reduce all these symptoms and help you lead a normal, leak-free life at any age.

“Every diagnosis is different,” says Dr. Hertz. “The best thing you can do is come in for a physical therapy evaluation so we can assess your problems and develop a program that will bring you the most success.”

Your laughter should be uncontrollable, not your bladder. Don’t wait until there’s a problem, prevent it before it even starts. Call and make an appointment for your physical therapy assessment at FYZICAL today!



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Physical Therapist



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