

the path to *Pelvic Health*

By Melanie Olsen

"I laughed so hard tears ran down my leg!" Sound familiar? But who should you call for help? A physical therapy office connected with an Ear, Nose and Throat practice? Huh??

FYZICAL® Therapy & Balance Centers, located at 101 Tower Road #110 in Dakota Dunes, South Dakota, is the most comprehensive physical therapy clinic in Siouxland for balance and dizziness. Their therapists have also had extensive coursework in the area of pelvic health.

So why do these two specialties fall under one PT practice? Well, the risk factors for incontinence and falls are quite similar. When people are hurrying to get to the bathroom, they are more susceptible to falls.

"Our goal is to help the people who need us," Dr. Mallory Hertz, PT, DPT, explains. "What we do is so unique. I'm the only physical therapist in the

Siouxland area that is certified to do internal pelvic work. We're the only physical therapy clinic specializing in dizziness and imbalance like we do, so that also makes us pretty unique to Siouxland!"

Dr. Hertz is passionate about helping patients. "From a pelvic health standpoint, we have a lot of different techniques that we use. We have a biofeedback system for performing assessments of the pelvic floor. We combine that information with our education and internal examination findings to determine the most appropriate plan of care," she says.

The therapists at FYZICAL provide therapeutic treatment for adults as they move through different stages of life. Treatments address the following issues:

- Urinary Incontinence – Stress, Urge or Mixed
- Post-Partum Incontinence
- Fecal Incontinence
- Vulvar Pain Syndromes
- Rectal Pain Syndromes
- Pre-and Post-Partum Musculoskeletal Dysfunctions (back pain, episiotomy scar, pelvic muscle weakness, diastases)
- Post Prostatectomy
- Prolapse Conditions
- Osteoporosis
- Back Pain
- Fibromyalgia
- Constipation
- Pelvic Pain
- Dyspareunia
- Muscle Spasm
- Pubic Symphysis Diastasis
- Interstitial Cystitis

Pelvic floor rehabilitation is your first line of treatment for better bladder control, better bowel control, control of pelvic pain conditions, pelvic girdle pain in pregnancy and postpartum, and Type III prostatitis in men.

Working as a team, FYZICAL's two physical therapists and two physical therapy

assistants strive to provide personalized care. With the use of biofeedback for motor retraining or relaxation, education on posture, body mechanics, and diaphragmatic breathing, and instruction in a home exercise program, the team provides individualized programs to move you toward improved control and a better quality of life – including more laughter!

Call FYZICAL® Therapy & Balance Centers today at 605.217.4330 to find out more about help with pelvic health issues, dizziness, or balance.



FYZICAL®
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605.217.4330 • www.fyzical.com/dakota-dunes-sd • 101 Tower Rd #110, Dakota Dunes, SD 57049

