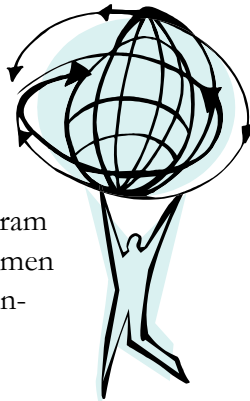


*Getting Started with  
Physical Therapy*

**Other Programs**

**Osteoporosis** — the loss of bone density that begins by the time a woman is in her early 40's. Our program will help with education, exercise, postural strengthening and other activities.



**Bladder Control for Men** — Our program is also available for men experiencing involuntary loss of urine.

*Please call our office for details about your treatment plan or if you have questions about insurance coverage.*

*For the Medical Plaza Building location, call 816.531.5570 or for the Overland Park location call 913.663.2555.*

**Dedicated to Quality Physical Therapy Since 1978**

**S**ports Rehabilitation & Physical Therapy Associates, Inc. is dedicated to providing quality individually based rehabilitation services for orthopedic and sports medicine conditions in an independent, private practice setting.

Each clinic is staffed with highly-skilled, caring professionals, including licensed physical therapists, certified athletic trainers and physical therapy assistants. Our philosophy is to provide personalized care with innovative progressive treatment with the most highly trained team of professionals and advanced equipment available.

In addition to Women's Care, our Physical Therapy programs cover: General Orthopaedics; Geriatric Medicine; Aquatic Physical Therapy; Back & Neck Rehab; Foot Orthotics; and Athletic Training.

**Sports  
REHABILITATION &  
PHYSICAL THERAPY  
Associates, Inc.**

*Two Locations to serve you:  
Kansas City, MO 816.531.5570  
Plaza Medical Bldg. I  
4320 Wornall Rd.#710  
(Across from St. Luke's Hospital)*

**Overland Park, KS 913.663.2555**  
6362 College Blvd  
(Corner of College & Lamar)

**Phone: 913.663.2555 (Main No.)**  
**Fax: 913.663.3766**

*Women's Care  
Services*

**Specialized  
Physical Therapy for  
Women's Health**

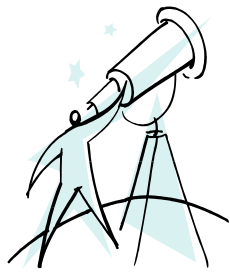


**Sports  
REHABILITATION &  
PHYSICAL THERAPY  
Associates, Inc.**

**913.663.2555**

# Women's Care

## Getting Started with Physical Therapy



Welcome to our program! We will work with you and your physician in setting up a physical therapy (P.T.) program that's best for

you. Your primary care physician or ob/gyn may already have referred you to a specialist such as urologist, urogynecologist, orthopedic or a colo-rectal specialist.

### On your first visit you may expect:

- An Initial Private Evaluation
- Full explanation of treatment course
- Supervised self-instruction for home program & self-management

Under the leadership of Molly Sauder P.T., co-founder, the group provides one of the area's most comprehensive programs for women. We offer personalized therapy regimes that include exercise and relaxation techniques. Molly participates in on-going continuing education programs for physical therapy treatments and techniques for women's health issues. She is a member of the Women's Health Section of the American Physical Therapy Association (APTA).

*"Sports Rehabilitation & Physical Therapy Associates understands that women's health issues are unique at every age — for adolescent girls, pregnant moms, athletes, post-surgical patients and during menopause. Since 1978 we've been the area's leading, locally owned physical therapy group. Our experience and commitment to bringing quality programs to our patients continues with our Women's Care Programs, designed to help female patients of any age to feel their best."*

## Types of Problems That We Treat

### Pelvic Floor Dysfunction

**Pelvic Floor Dysfunction** affects women of all ages and can cause one or all of the following:

- **Incontinence**— involuntary leakage of the bowel and bladder. This condition sometimes results from weakness in the muscles of the pelvic floor. A common health problem affecting one out of ten women of all ages (and one out of five over 40); surveys indicate most women wait to seek care. We are sensitive to your concerns and are here to help you with all **types of incontinence**:
  - **Stress:** Leakage occurs with coughing, sneezing, laughing and sometimes walking.
  - **Urge:** Leakage that occurs with an overwhelming sensation or urge to go to the bathroom.
  - **Mixed:** a combination of both stress and urge symptoms.
  - **Fecal:** a loss of bowels.
- **Pelvic floor muscle tension or pain** — Muscle imbalances in the hips, pelvis or low back can contribute to pelvic pain.
- **Rectal pain/levator ani spasm**

### P.T. for Childbearing Years & Beyond

Our bodies are designed to give birth and supply early nutrition to newborns. But, whether or not a woman has children, her reproductive system affects her body throughout her entire life.

**Musculoskeletal pain pre and post-partum** — a physical therapist will work with your doctor to determine the cause of pain.

- **Posture and sleep techniques,**
  - **Movement evaluation, and**
  - **Lifting Techniques**
- "After the Baby Comes"** — Post Partum Exercises for:
- **Diastasis recti** (*separation of abdominal muscle*)
  - **Post abdominal surgery**
  - **Scar tissue management**
  - **Musculoskeletal pain**
  - **Abdominal strengthening**