



Performance For Life

NEWSLETTER

Ignore Your Health & It Will Go Away Seek PT For Women's Health

Many women suffer from common issues, such as pelvic pain, incontinence and other similar conditions. Women's health issues can be detrimental to mental, physical and social health, interfering with one's lifestyle and enjoyment. However, you are not alone, and the good news is that you can be helped with the right physical therapy treatments.

Open the Newsletter to Read More! >>



ALSO INSIDE...

- Patient Success
- Healthy Recipe
- Pregnancy Musculoskeletal Dysfunction
- We Are Thankful For You, Moms!

Are You Dealing With Any of These

Women's Health Conditions?

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Incontinence

Our physical therapists evaluate and treat patients suffering from urinary incontinence symptoms such as increased urinary frequency, leaking with coughing/sneezing, lifting, exercise or from a strong urge. These symptoms may be a result of weak or tight pelvic floor muscles, poor muscle coordination, abdominal strength or bladder habits.

Treatments may include muscle re-education, strengthening for weak pelvic floor muscles, soft tissue massage, bladder health education, biofeedback and core stabilization.

Pelvic Pain

It is important to discover the root cause of pelvic pain. Our evaluations take into account the many symptoms associated with the pelvic area including abdominal pain, groin pain, pain with intercourse, difficulty with urination/defecation and bladder pain.

Pelvic muscle tension, weakness and poor muscle coordination may cause pelvic pain and may be a result of scar tissue restriction due to surgeries, a history of poor bladder/bowel habits, spine and pelvic joint dysfunction and episiotomy or tears from deliveries.

Treatments may include muscle re-education, strengthening and/or relaxation of pelvic floor muscles, postural education, soft tissue massage, lumbosacral alignment, and biofeedback.

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Pregnancy Musculoskeletal Dysfunction



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Pregnancy demands a tremendous amount out of a woman's body. Changes in posture, muscle strength, ligament stability and pelvic alignment, can leave lasting, painful changes such as pelvic or back pain. However, having a child doesn't mean that you have to live with the painful changes forever, and most women can have significant improvements in their pain and function with physical therapy.

Our physical therapists address the musculoskeletal components of pregnancy and postpartum issues, including incontinence, pelvic floor dysfunction and prenatal joint/muscle dysfunction. Weakness, poor muscle coordination, abdominal strength or bladder habits may also contribute to musculoskeletal dysfunction.

After evaluating the muscles, joints and/or nerves contributing to pain, our therapists will recommend modifications of posture and review proper body mechanics/bowel/bladder habits. Other treatments include soft tissue massage, mobilization, stretching and core stabilization.

If you suffer from any of the issues above, know that we are here to help you achieve results discreetly, and return you to the activities you love. Call us today to discover how we can help you and talk to one of our physical therapists today.

Women's Health - Pelvic Health. Your pelvic floor muscles work to support your abdominal contents (specifically the rectum, bladder, and uterus), allow for urination and defecation, prevent leakage of urine or stool when not desired. These muscles also help to stabilize the pelvis, working with your abdominal muscles, back muscles, and diaphragm. When these muscles are too weak or too tight due to a chronic condition or pregnancy, urinary incontinence, pain, and discomfort can be the result.

Pregnancy and childbirth. Achieve Therapy & Fitness can help mothers deal with pre and postnatal pains as their bodies experience the effects of pregnancy and childbirth. Some of the most common symptoms that expecting or new mother's experience are:

- Urinary or fecal incontinence
- Constipation
- Prolapse, or the sensation that the organs are "dropping"
- Pain during sex
- Inability to fully empty the bladder

What to expect during pelvic floor physical therapy. If you come to see a physical therapist for your pelvic dysfunction, you'll be taken through a physical examination and a patient history questionnaire. He or she will ask you specific questions about your pain, what makes it worse and better, and whether you have a history of any related issues. Based on the results of the examination, your physical therapist can then develop a customized treatment plan to relieve your symptoms and address the suspected underlying causes to prevent recurring dysfunction and help you to build strength in weak areas or relax tense muscles causing pain.

Patient Success

"Achieve Therapy is Ahhhhsome! I've had 3 (THREE) shoulder/rotator cuff surgeries in less than a year. And I've always gone to Essentia Health then Surgery #3 happened (which was a complete reverse reconstruction) and I was provided PT at home via Achieve. I opted to continue my PT with Achieve. Their care has been OUTSTANDING! Achieve is where it's at! And should I ever need care in the future I wouldn't hesitate to return. Both Leah & Paul are PHENOMENAL therapists!" – **Amy**



Join us for a **FREE** Shoulder Pain & Rotator Cuff Workshop

May 12th • Park River • 5:30PM

May 26th • Park Rapids • 5:30PM

June 9th • Grafton • 5:30PM

Register Today!

achievetherapy.ptworkshops.com/AchieveTherapy-GrandForks/rotatorcuff/workshop

We Are Thankful For You, Moms!



A Mom is a woman who helps to set the standards, the family values and the example. Moms eagerly accept and cherish the role of creating a healthy, happy and successful environment for their kids. What person in their right mind signs up for a job with zero pay?

Moms Do!

So, Achieve Therapy & Fitness wants to say thanks to all the

Moms out there. We offer top of the line equipment and treatments to help you keep up with your busy life. Treat yourself to better health and pain relief this Mother's Day!

If you or someone you know is a mother who is suffering from pain, please do not wait any longer! **Call us today to begin your recovery journey with Achieve Therapy & Fitness! You'll be glad you did!**

Sincerely,



Fitness On Demand Program



Achieve Therapy & Fitness is happy to announce the Fitness On Demand Program, located at our South Columbia clinic!

Say goodbye to the many excuses used to not fit a good workout in your schedule. Tune into workout classes you want to participate in on demand! **Check out their promo video by clicking the image above!**

May Fitness Member of the Month

Deb is our May Fitness Member of the Month

Fitness centers you attend: S Columbia

Favorite thing about Achieve Fitness: All the employees are so welcoming. They make you want to come back and enjoy your workout! So nice to have PT there as well.

Favorite fitness class: I attend the balance/core strength class. I like all the stretching and the use of bands, exercise balls, and weights. The variety never gets old-it keeps things challenging.

Since retirement I have a good reason to get up and going each morning. Achieve is my 2nd home!



Healthy Recipe Overnight Blueberry French Toast

Ingredients

- 12 slices day-old bread, cut cubes
- 16 oz cream cheese, cut into cubes
- 1 c fresh blueberries
- 12 eggs, beaten
- 2 cups milk
- 1 tsp vanilla extract
- 1/3 c maple syrup
- 1 c white sugar
- 2 tbsp cornstarch
- 1 c water
- 1 c fresh blueberries
- 1 tbsp butter

Directions Lightly grease a 9x13 in baking dish. Arrange half the bread cubes in the dish, and top with cream cheese cubes. Sprinkle 1 c blueberries over the cream cheese, and top with remaining bread cubes. In a large bowl, mix the eggs, milk, vanilla extract, and syrup. Pour over the bread cubes. Cover, and refrigerate overnight. Remove the mixture from the refrigerator about 30 min before baking. Preheat the oven to 350 F. Cover, and bake 30 min. Uncover, and bake 25 to 30 min. In a medium saucepan, mix the sugar, cornstarch, and water. Bring to a boil. Stirring constantly, cook 3 to 4 min. Mix in the remaining 1 c blueberries. Reduce heat, and simmer 10 min, until the blueberries burst. Stir in the butter, and pour over the baked French toast.

Recipe: <https://www.allrecipes.com/recipe/15057/overnight-blueberry-french-toast/>



Has Your Pain Come Back? Call us at 866.320.3562 or visit achieve-therapy.com today!



Skip The Prescription With
DIRECT ACCESS
TO PHYSICAL THERAPY

CALL 866-320-3562 TO SCHEDULE YOUR APPOINTMENT WITH US TODAY!

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