



Performance For Life

NEWSLETTER

How Physical Therapy Helps Pelvic Health

Are you experiencing pain in your intimate areas? Have you struggled with incontinence? For some, it can be challenging to talk about these types of struggles. At Achieve Therapy & Fitness, we are musculoskeletal experts and work with people experiencing difficulties in all body regions.

Our highly trained team uses the most advanced strategies to help alleviate the pain and restore normal function of the bowel and urinary systems. We also help people experiencing pain during sex and experiencing dysfunction in sexual performance.

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- Meet our Pelvic Floor Specialists
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- Staff Birthdays & Work Anniversaries

It's Time To Relieve Pain & Restore Function In Your Pelvic Region

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Everyone has a pelvic floor, and learning how to resolve issues can significantly impact your overall well-being. At Achieve Therapy & Fitness, our team works with all types of problems affecting the pelvic region regardless of gender identity. Request an appointment with one of our specialists so we can help you find relief!

What is the pelvic floor?

The pelvic floor is a term used to describe the region located in the bottom aspect of the pelvis. The pelvic floor is a complex system that works with the structures and systems in the pelvic cavity and the body.

The pelvic floor is supported by several muscles that also provide several essential functions, including supporting the organs found in the pelvis, bladder and bowel control, and sexual function. Impairments in muscle function can lead to pain and dysfunction. The ability to contract the pelvic floor correctly can be affected by several factors, including:

- Weakened bladder muscles resulting from pregnancy, childbirth, obesity, and aging
- Physical damage to your pelvic floor muscles from childbirth or surgery
- Damage to the nerves from health problems like diabetes and multiple sclerosis
- Enlarged prostate
- Types of cancer
- Certain medications
- Trauma (physical, psychological/emotional)

Strong pelvic floor muscles are essential with activities where an extra force is added to the abdomen and pelvic floor (i.e., coughing, laughing, sneezing, and lifting). When these muscles are weak or not working as they should, pelvic floor dysfunction may occur. Fortunately, our physical therapists know how to identify the factors contributing to your problems and, more importantly, how to resolve them!

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What Are The Most Common Issues People Face?

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The pelvic floor muscles are needed for sexual function, urination, and defecation. Impairments are often ignored early on due to the difficulties of talking about this region of our body. We understand people's difficulties, but it is important to note that addressing an issue when it first starts will often lead to a quick resolution and the most complete recovery.

Women experience pelvic floor conditions, including painful menstrual periods, painful urination, and urinary incontinence. The impairments will even lead to pelvic organ prolapse and chronic pelvic pain for some.

Men often don't know about the pelvic floor until there is a problem. The most common issues include urinary dysfunction after prostate cancer treatments. Typically these symptoms range from some leaking to complete loss of bladder control or irritation/discomfort when urinating. Pelvic floor dysfunction for some may lead to erectile dysfunction.

Fortunately, our physical therapists are trained in pelvic rehab no matter your gender and can help you resolve any issue you may be experiencing.

How physical therapy can help

Our therapists at Achieve Therapy & Fitness tailor our programs to the individual using research-backed, comprehensive treatment programs. We will conduct a thorough history and physical examination to identify all the possible factors contributing to your condition. Evaluating the strength of the pelvic floor muscles includes assessing your ability to willfully contract your muscles and also identifying your ability to generate power and sustain a

contraction (endurance). It is also essential to test your contraction speed and your ability to relax on command. We will use this information to develop an individualized program focusing on helping you resolve your pain and restore your function. Our pelvic floor treatments include:

- Soft tissue mobilization and massage of internal and external pelvic musculature to relieve muscle tension and provide pain relief
- Pelvic floor muscle retraining to restore normal strength and endurance
- Neuro-retraining (i.e., incorporating pelvic floor muscle activation during simulated daily activities)
- Electrical stimulation modalities for pain relief and to restore normal neuromuscular activation of the pelvic floor muscles and nerves
- Bladder training (i.e., gradually holding urine for longer and longer periods)

Our team will educate you on home exercises and simple movements that you can build into your everyday activities. We believe that teaching you strategies to manage and improve your pelvic health is the key to lasting results.

Request an appointment

At Achieve Therapy & Fitness, our physical therapists can help with incontinence, pelvic pain, and sexual dysfunction, whether your condition results from reconstruction surgery, abdominal surgery, prostate cancer treatments, pregnancy, or childbirth. No matter what it is, we most likely treat it. Contact our clinic today and request an appointment with one of our pelvic floor specialists!

Sources: <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD005654.pub4/full>
https://journals.lww.com/co-obgyn/Abstract/2019/12000/Pelvic_floor_physical_therapy_in_the_treatment_of_19.aspx
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<https://pubmed.ncbi.nlm.nih.gov/30137629/>
<https://pubmed.ncbi.nlm.nih.gov/24868546/>

Have You Met Your Annual Insurance Deductible?

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything. Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.



If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2023.

Have you undergone surgery recently? Call us today at the clinic nearest to you to schedule an appointment with one of our physical therapists. We'll guide you to affordable treatments that will place you one step closer to pain relief.

Meet our Pelvic Floor Specialists



Sarah Hovde

Nicole Chine

Laurie Holte





Staff Birthdays & Work Anniversaries

November Celebrations for Our Staff

Staff Birthdays

Joan Bjorkstrand – November 15th

Work Anniversaries

Leah Puetz – November 4th

We wish our staff a happiest birthday and celebrate their contributions to our patients and community!



November Fitness Member of the Month

Meet Steve our November Fitness Member of the Month!

Fitness centers you attend: Columbia Rd.

Favorite thing about Achieve Fitness: Besides the variety of machines and classes they have, I enjoy the staff. Very professional and very friendly. Always willing to demo machines or show you an exercise that will help. Great group!

Favorite fitness class: I use to come and just use the machines but then I joined the balance class. I now do the machines and class and I enjoy it. It has been very good for me.

Patient Success



"After each of my 7 knee replacements my range of motion was limited. Tom and Kindra were a big part of helping me regain that. Another issue was the scar tissue build up. The ASTYM that was done on me helped reduce the scar tissue a lot which also helped me regain my range of motion. Thanks again to Tom and Kindra. I will always refer patients to them and Achieve Therapy and Fitness!" – **Mike**



Staff Spotlight



Congrats To Jenna And Jon On Their Engagement!

My fiance' and I met last fall. We enjoy cooking together, going to the lake, hockey, and anything with our two dogs. Over the summer we ran our 1st half marathon and went to several state parks in North Dakota and Minnesota.

New Addition On The Way!

Congratulations Bri Wirkus and family!





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