

# Women's Health

## Outpatient Therapy

Outpatient therapy can help patients regain control by educating them on the function of pelvic floor muscles, bladder retraining, neuromuscular retraining and use of non invasive electrical stimulation to enhance progress.

### Urinary Incontinence

- Pelvic Pain/Dysfunction
- Prenatal/Postpartum Care
- Lower Back Pain

Evidence shows that pelvic floor training should be offered as a firstline therapy to people with stress, urge, or mixed urinary incontinence (*Wilson 2005*).

### Treatments

- Individualized treatment plans for each patient
- Treatment provided in outpatient clinic with state of the art equipment

### Our Services:

- ✓ A typical pelvic health evaluation will include a detailed history of bowel, bladder and sexual health function.
- ✓ Services provided by a therapist trained in techniques intended to help patients with muscle dysfunction.
- ✓ Treatments will be performed in a private room by a therapist with a passion for working to help patients get their lives back.

To make an appointment  
or for more information

**Call 618.382.2927**

or visit

**WabashChristianTherapy.org**

Discover your own  
*remarkable recovery*