



Santa Clarita Valley
Therapy Services



PELVIC FLOOR THERAPY COULD CHANGE YOUR LIFE

Read more inside on Common Techniques of Pelvic Floor Rehabilitation, Managing Healthy Habits While Working From Home, our Patient Success Spotlight, and How We're Keeping Your Health In Mind!

SCVTherapyServices.com

Give us a call today at (661) 284-1984



PELVIC FLOOR THERAPY COULD CHANGE YOUR LIFE

Pelvic pain is no joke. The pelvic area is an important part of the body that serves many purposes, especially for women. Pelvic pain can happen at different points throughout your menstrual cycle, during pregnancy, after giving birth, and even as a result of an underlying condition. Some pelvic conditions may also result in painful intercourse or infertility issues.

Dealing with pelvic pain alone can be very confusing and scary, but luckily, it can be addressed and possibly fixed through pelvic floor rehabilitation. Some of the most common pelvic conditions that our physical therapists treat include postpartum pelvic pain, pain following abdominal surgery, dyspareunia, and endometriosis.

Take a look at the following reasons for pelvic floor pain:

Why Am I Experiencing Pelvic Floor Pain?

- **A recent abdominal surgery.** If you are recovering from a recent abdominal surgery, pelvic floor rehabilitation can assist with breaking up scar tissue, improving strength, and regaining range of motion in your abdomen/pelvic region.
- **Endometriosis.** Endometriosis is a condition many women suffer from without even knowing it. This condition can affect the bones, muscles, ligaments, and nerves in the pelvic region and cause excess scar tissue. Pelvic floor rehabilitation can help reduce the pain and bloating that you may be experiencing with endometriosis, in addition to strengthening the pelvic floor muscles.
- **Urinary leakage or frequency.** If you're struggling with urinary incontinence, a physical therapist can help determine the root of your problem. Instead of simply

treating the symptoms, your physical therapist can focus on the cause and focus on strengthening the muscles under your bladder. This will help treat and eliminate your incontinence issues.

- **Constipation.** Pelvic floor therapists can loosen and relax the muscles in your pelvic and anal areas, which can help relieve and eliminate constipation.
- **You recently had a baby.** After giving birth, it is common for new mothers to experience strained muscles and/or connective tissue damage in their pelvic floor. Pelvic floor rehabilitation helps with postpartum pelvic pain, in addition to strengthening and restoring any damaged muscles or tissues.

What To Expect From Pelvic Floor Therapy

Pelvic floor therapy focuses on strengthening the ligaments, tendons, and muscles of the pelvic floor. When muscles in the pelvic area become tight or weak, your daily life can be negatively impacted, because this region helps in supporting the core of your body and is a key part of everyday movement.

One of our licensed physical therapists will take a look at your medical history, and conduct a thorough examination to decide what type of treatment you'll need. This may include stretches, ultrasound therapy, manual therapy, and at home exercises to reduce pain and strengthen or loosen your pelvic muscles, depending on your condition. Did you know that pelvic floor rehabilitation is a common option for women who are preparing for childbirth? It ensures an easier delivery and oftentimes can prevent the need for a C-section.



COMMON TECHNIQUES OF PELVIC FLOOR REHABILITATION

- **Ultrasound therapy.** This kind of therapy focuses on using soothing heat for relief in the affected pelvic region. It's a safe and effective way to relax tight muscles and tissue.
- **Diaphragmatic breathing.** Your physical therapist can teach you how to practice deep breathing exercises. These will allow your diaphragm to expand and contract properly, which helps in relaxing muscles in the pelvic area. Relaxed muscles will drop and lengthen, providing simple pain relief. These breathing exercises can also be done at home.
- **Relaxation techniques.** Physical therapy also focuses on relaxing! Relaxing your muscles allows them to ease tension, which makes it easier to stretch and massage them later. It's not always easy to relax on command though, so your physical therapist may suggest specific relaxation techniques, such as guided imagery or biofeedback, to assist you with the process.
- **Postural exercises.** These specific types of exercises are aimed at refining and strengthening the pelvic floor muscles that affect posture. These exercises are typically done with large medicine balls. Your physical therapist may suggest that you purchase one to use at home on your own as well.

Pelvic pain is caused by a number of different factors, and pelvic floor rehabilitation can help reduce or eliminate the pain and symptoms you are experiencing. If you are suffering from pelvic pain, endometriosis, having issues with urinary incontinence, have recently given birth, or just want to make sure that all is well with your pelvic floor, it's a great idea to see a physical therapist!

At Santa Clarita Valley Therapy Services, your physical therapist will conduct a thorough examination, find the source of your pain, and create a customized treatment plan to help reduce the severity of your symptoms. We want to make sure you feel seen and heard, and leave our office knowing you're in good hands. Give us a call today to schedule an appointment and get back to living your life without that nagging pelvic pain!



Has your pain come back? We can help!

Give us a call at (661) 284-1984 or visit SCVTherapyServices.com today!



FEEL BETTER BY EATING BETTER

CHOCOLATE, PEANUT BUTTER, & BANANA SHAKE

- 12 oz water, milk, or yogurt
- 1 banana
- 1 tbsp cacao nibs or dark cocoa powder
- 2 scoops chocolate flavored protein powder
- 1 cup of spinach
- 2 tbsp of natural peanut butter

In a blender, purée the ingredients until smooth. Divide between 2 glasses. Enjoy!

MANAGING HEALTHY HABITS WHILE WORKING FROM HOME

Adjust Your Workspace To Work For You

If you're feeling physical discomfort when working, then your body is signaling that your work environment is not supportive. Note whether your feet are dangling or barely touching the floor, while you are seated with your back against the backrest of your chair. If you cannot adjust the height of the chair, then look for sturdy textbooks, reams of paper, or short boxes to use as a footrest. This can help reduce lower back or leg discomfort.

Your back should also be resting against the backrest of your chair with your ears stacked directly over your shoulders and hips. If it feels uncomfortable, adding a pillow behind your back to give some padding or support your lower back might help. This allows the postural muscles of your back to have a break from holding your body vertically all day. You may experience decreased lower back discomfort.

With upper body discomfort, especially in your shoulders, neck, or forearms into the wrist, look at the position of the keyboard, mouse, and monitor on your desk. Keep your keyboard around elbow height and the top of your monitor at eye level. These two positions will help with neck and shoulder discomfort. The elbows have less tension at 90 degrees, and your shoulders should be relaxed to reduce neck tension. Your forearms should not be compressing against a hard surface and your wrists should be straight and level to reduce the risk of wrist discomfort.



LORENA RIOS, DPT

Lorena has been with SCV Therapy Services for almost 4 years. She received her Doctorate of Physical Therapy from Hunter, City University of New York. In addition, she is a Certified Lymphedema Therapist, Massage Therapist, and specializes in Women's Health issues including pelvic pain, incontinence, and sexual health. Her practice includes treating pelvic floor dysfunction, lymphedema, spinal health, chronic pain, and general orthopedic conditions. She has many years of interest in a holistic approach to health which includes studies in Yoga, Shiatsu, Art Therapy, and energetic healing modalities such as Reiki. She believes mind, body, and spiritual awareness is an integral part of her practice of Physical Therapy. Lorena is a mother to an amazing little boy and also a very talented artist; she enjoys spending time with her family, practicing yoga, hiking, going to the beach, painting, and drawing.

PATIENT SUCCESS SPOTLIGHT

"What makes this therapy facility so great is the team. It starts with a thorough evaluation with Lorena and then she transitions you to the therapists. I have seen them off and on for over 5 years and have also had OT with Peggy. They all have been extremely helpful in getting me back to doing everyday activities. I have worked with numerous therapists from: John, Luis, Tommy, Dacia, and a few others. They have been encouraging and patient. They are in constant communication soliciting feedback, they track all of your sessions and work on progression that is completely individualized. Thank you Santa Clarita Valley Therapy Services!" - Daniel D.



OUR EMPLOYEES ARE WEARING MASKS



OUR EMPLOYEES ARE PRACTICING SAFE DISTANCING



OUR EMPLOYEES ARE USING GLOVES WHEN NECESSARY



OUR EMPLOYEES ARE WASHING THEIR HANDS REGULARLY



OUR EMPLOYEES ARE AVOIDING HUGS & SHAKING OF HANDS

Your health is our highest priority. Give us a call at (661) 284-1984 or visit [SCVTherapyServices.com](https://www.scvtherapyservices.com) today!