

Sullivan Physical Therapy—Sensitive Care for Sensitive Diagnoses

By: Rachel Garman, LMT

Sullivan Physical Therapy is a woman-owned and operated physical therapy practice that specializes in women's and men's health. Our team of female therapists treats diagnoses related to pelvic floor disorders. Conditions may include urinary and fecal incontinence, interstitial cystitis, chronic pelvic pain, prolapsed organs, constipation, coccygodynia, pudendal neuralgia, vulvodynia, and irritable bowel syndrome, among others that affect the pelvic region. These disorders can begin at any age or phase of life. Oftentimes, changes in activity levels, changing hormone levels, postpartum and post-abdominal surgery will bring about pelvic dysfunction. It is important to discuss any symptoms that you are experiencing with your doctor to determine the cause of your pain or challenges that are occurring with your health. Your doctor will help to determine the best form of treatment for your particular diagnosis.

Physical Therapy can help by addressing skeletal and muscular dysfunction. A physical therapist specializing in pelvic health will evaluate your condition and provide you with education about your diagnosis, discuss daily activities, posture, lifting techniques and work biomechanics. Treatment plans might include manual therapy techniques such as soft tissue manipulation, muscle energy techniques, myofascial release, trigger point manipulation and connective tissue manipulation. Different modalities may also be combined with treatment, such as biofeedback, electrical stimulation, heat and ice packs. In addition, a home exercise program may be implemented to maintain health.

Sullivan Physical Therapy also provides an oncology rehabilitation program. This type of specialized physical therapy can help people manage conditions they might be experiencing during cancer, thus enabling women and men to live more comfortably during and after their treatment. Our clinic helps patients address problems associated with post-surgery and late onset swelling, cancer-related fatigue, decreased strength, muscle restriction, and range-of-motion. Therapy also aims at preventing the formation of fibrotic tissue and helps to restore healthy posture. To provide further support for breast cancer patients, we host a monthly Breast Cancer Support Group sponsored by the American Cancer Society.

In addition to physical therapy services, our clinic offers massage therapy for acute injuries, chronic pain, and pregnancy and postpartum discomfort. Massage can be a wonderful adjunct to treatment and assist with increased circulation, easing muscular tension, and promoting relaxation. To inquire about any of the services and support groups we offer, please contact our office or visit our website.