

Some of the conditions unique to women that our staff successfully treats with the *Beyond Kegels Program* include:

- Bowel Incontinence
- Bladder Incontinence
- Constipation
- Frequency
- Urgency
- Levator ani syndrome
- Pain on intercourse
- Pelvic Pain
- Tail bone pain

Rehab Professionals of Cleveland also incorporates a number of traditional treatment techniques in our physical therapy program, for women, some of which include:

- Core Strengthening
- Manual Therapy
/Myofascial Release
- EMG Biofeedback
- Modalities
- Self Care Instruction
- Home Exercises

What is Beyond Kegels?

Often women are uncomfortable seeking help for Women's Health Issues. We provide a private, supportive, and welcoming environment. The foundation of Rehab Professionals of Cleveland's approach to treating the Women's Health population is using the *Beyond Kegels Protocol* established by Janet Hulme, MS, PT in conjunction with traditional Physical Therapy. The key components of the *Beyond Kegels Program* are

- **Lifestyle Changes**

The focus being decreasing sympathetic nervous system firing and reestablishing ANS balance. This is accomplished through diaphragmatic breathing, handwarming and physiological quieting (body/mind quieting) performed hourly and at bedtime. Additional lifestyle changes are included in the program. Often symptoms will decrease in one to two weeks.

- **Pelvic Rotator Cuff Activation**

The Pelvic Rotator Cuff includes the obturator internus, pelvic diaphragm, urogenital diaphragm and hip adductors. This group of interrelated and interconnected muscles and ligaments stabilize the lumbosacral and sacroiliac areas that connect the pelvis to the femur, support the bowel, bladder and uterus and assist in effective gait and postural sway by controlling midrange rotation of the hips. The Pelvic Rotator Cuff is controlled subcortically through the ANS to provide graded sequential adjustments as needed for stability and effective movement by the larger cortically controlled prime movers. Women often report that as the original symptoms improve that preexisting low back pain problems diminish as well.

At Rehab Professionals of Cleveland, Inc., we believe that women today face an increasing number of issues that require special care. Because physical therapy is non-invasive, it is usually recommended before surgery. Often fewer than six physical therapy visits can result in significantly diminished symptoms. Patients can be referred to our Lakewood or Broadview Heights office for Women's Health services. Contact us at 216-221-2525 or 440-526-8566 for more information.

