

Pregnancy & Low Back Pain

Pregnancy causes physical and postural changes in your body that may lead to low back pain. Physical therapy may provide relief to the low back with stretching and strengthening exercises, aquatic therapy and/or moist heat. Please see your physician to see if you are a candidate for therapy.

How do I receive treatment?

A referral from your physician is necessary to begin physical therapy. For more information on women's health concerns or to schedule an appointment, please contact our staff at (319) 385-6102.



**For more
information,
please contact
HCHC Rehabilitation
Services Department**
(319) 385-6102
www.hchc.org

Rehabilitation and Management of Women's Health Issues

- ✓ **Lymphedema Management**
- ✓ **Bowel and Bladder Health**
- ✓ **Pregnancy and Low Back Pain**
- ✓ **Osteoporosis**



REHABILITATION SERVICES
Henry County Health Center
407 S. White Street
Mt. Pleasant, Iowa 52641-2242
(319) 385-6102

Bowel and Bladder Health

The Problem:

Leaking of urine that results in life-style changes, emotional changes or feelings of discomfort is a concern. Society expects people to be dry and in control of their bladder. This expectation has made it difficult for people to seek help. Incontinence, uncontrolled leaking is a problem for men and women.

Types of Incontinence:

- 1) Stress incontinence is the loss of small amounts of urine with increased intra-abdominal pressure (during coughing, sneezing, laughing, etc.)
- 2) Urge incontinence is the loss of large amounts of urine when the bladder contracts in connection with a sudden uncontrollable need to toilet.
- 3) Mixed incontinence is a combination of urge and stress incontinence.
- 4) Overflow incontinence is leaking from a full bladder because the bladder retains urine after toileting.
- 5) Functional incontinence is the inability to void in an appropriate place due to physical or mental disability.

Treatment

Treatment starts after telling someone about the problem. It is important to have an evaluation by a physician. Your doctor may refer you for therapy. Treatment is provided by a licensed physical therapist and can include therapeutic exercise, autonomic nervous system training, and life-style changes.

Osteoporosis

What is osteoporosis?

Osteoporosis is a disease characterized by low bone mass and structural deterioration of bone tissue. Osteoporosis causes an increased susceptibility to fractures of the hip, spine and wrist. The disease can lead to decreased mobility, poor self-image and increased dependence.

What are the symptoms?

Osteoporosis often has no symptoms until a fracture occurs. First signs may include loss of body height, loss of teeth, stress or nontraumatic fracture, and/or back pain.

What does treatment include?

Therapy is provided by a licensed physical therapist and may include exercises to improve posture, bone density and prevention of fractures. Exercise will also improve muscle strength, coordination and balance.

Lymphedema

What is lymphedema?

Lymphedema is swelling in an area of the body due to accumulation of fluid in the tissue spaces. This may be caused by obstruction or damage to the venous or lymphatic system.

What are the types of lymphedema?

1. Primary lymphedema occurs at any age from unknown causes, but is thought to be congenital.
2. Secondary lymphedema occurs due to damage to the lymphatic or venous system such as lymph node removal or radiation.

How is lymphedema treated?

Treatment is provided by a licensed physical therapist certified in lymphedema management. Therapy will decrease volume of the affected area resulting in pain relief and improvement of body image.

Treatment varies between individuals but may consist of manual lymph drainage, compression device, multi-layered bandaging, range of motion exercises, self treatment as well as patient/family education.

Management of lymphedema is important as infection may develop. Infection can be a life threatening condition.