



It's not hopeless...

We Can Help

The Women's Health Program at GMC offers a variety of treatments for women's health issues.

Our therapists at GMC are also able to treat symptoms of:

Fibromyalgia

Osteoporosis

Menopause

And More...

If you or someone you know is struggling with any of these women's health issues, please do not hesitate to contact us. We can help you get control of your health!



Women's Health Program



Physical
Therapy

Glendive Medical Center
202 Prospect Drive
Glendive, MT 59330

Phone: 406.345.3340
Toll Free: 800.660.4325

Pelvic Pain

Studies have found that 1 in 7 women suffer from pelvic pain, which is pain experienced in the lower abdomen, groin region, or buttocks. This pain can be sharp, dull, or achy, and can be constant or intermittent. Pelvic pain can interfere with participating in normal activities, cause changes in bowel or bladder function, and cause painful intercourse. The good news is Glendive Medical Center physical therapy can help with this issue. Physical therapists at (GMC) are able to evaluate and treat symptoms of pelvic pain.

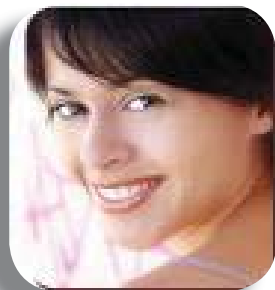
Treatment may consist of:

Manual therapy

Exercises to strengthen the pelvic floor

Massage and pain relieving modalities

Establishing a home self treatment program



You are not alone...

Incontinence

Millions of women, of all different ages, suffer from incontinence, the involuntary loss of urine. This can occur after surgery, pregnancy, or other conditions. It is not a normal part of aging, and unfortunately, many people do not seek medical attention for incontinence. But there is hope. It is a treatable condition and through physical therapy treatment, many or all symptoms of incontinence can be eliminated.

There are two major types of urinary incontinence:

Stress incontinence- the leakage of urine during exercise, laughing, coughing, or movement

Urge incontinence- the leakage of urine and a sudden urge to use the restroom

Treatment may consist of:

Exercises to strengthen pelvic musculature

Lifestyle changes

Relaxation techniques

Bladder retraining and muscle reeducation

Your physical therapist will perform a complete evaluation and help you decide which treatment options are right for you. Your physical therapist can help you get control of your life. Imagine... a life without incontinence. It *is* possible!

Pregnancy and Postpartum Care

Pregnancy is a very exciting time in a person's life. Unfortunately, pregnancy can sometimes cause changes in the body that can lead to problems including back pain, rib pain, pubic symphysis pain, sacro-iliac joint pain, and more.

Fortunately, through physical therapy many women can decrease their symptoms of pain during and after pregnancy. Our therapists at GMC are able to evaluate and treat symptoms associated with pregnancy and postpartum.

Treatment may include:

Massage and modalities

Education on proper exercise before and after childbirth

Teach new mothers to incorporate proper body mechanics into daily life

Relaxation techniques for labor

Activity modification, and more

Provide support belts

Pain relieving techniques for scarring from delivery