



PERSONAL MESSAGE

Women's Health

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These days there are many health issues that women face and having an understanding of how these issues can affect their health is important in order to know how best to deal with them.

Physical Therapy is being discovered by women world wide to help treat and prevent many of the problems that develop as they grow older. In this newsletter we will discuss a wide array of topics affecting women and what Physical Therapy can do to help bring back normalcy and prevent further injury and illness.

Pre and Post Pregnancy Care is a very important part of becoming a mother. Many women suffer from lower and upper back pain, cervical pain, headaches and muscle spasms during and after pregnancy which can make a normally joyous time of life awkward to bear. Nursing your newborn can pose problems in itself. Blocked ducts can prevent effective nursing and can be extremely painful. Physical Therapy massage techniques and therapeutic ultrasound can alleviate this pain quickly. Your Physical Therapist can help treat the joints that are problematic or "dysfunctional", and can relieve associated muscle spasm and strain. Knowing the exact cause of your symptoms, we can also help you create an easy and effective exercise program to help alleviate and prevent these and many other symptoms that come with being pregnant, as well as facilitate a quick recovery post partum.

Incontinence occurs when the bladder does not store urine appropriately and/or does not empty completely. Incontinence occurs in as many men as women and is now being recognized as a real problem. Your Physical Therapist can help you control your bladder with "Kegal's" exercises, and reduce the "got to go" moments.

Pelvic Pain is experienced by many women, and is generally felt as a pressure or ache localized in or around the genitalia and anus areas, lower abdomen or occasionally the back and thighs. Pelvic Pain may have many causes, stress and infection being among them. Your Physical Therapist can help you find the cause of the pain and reduce it by handling it accordingly.

Back Pain is very common in both sexes and is caused by many different factors. A few being: bad posture, unsupportive shoes, standing or sitting incorrectly for long amounts of time and improper lifting techniques. Your Physical Therapist, in conjunction with many manual therapy techniques can help you devise an exercise plan to reduce pain and can educate you on good posture and lifting techniques to prevent further injury to the back.

Osteoporosis and Osteopenia is a decline in bone mass and appears in about 50% of women in their 50s, 66% of women in their 60s, 86% of women in their 70s, and 93% of women over eighty. This loss of bone mass makes one more susceptible to broken bones and fractures. Your Physical Therapist can help you gain back some of your mobility and balance to help prevent falls and breaks. Your PT will teach you the correct exercises to build back your strength, and to increase flexibility and range of motion.

Headaches are a common problem in both men and women. Some causes of headaches are arthritic changes, injuries to the neck and upper back, environmental allergies, sinus infections and migraines. Women can also experience headaches as a result of hormonal changes during a normal menstrual cycle, or in menopausal times. Physical Therapy can help relieve these headaches with the use of manual therapy techniques, as well as advice and education depending on the actual catalyst of the headaches.

TIPS on Managing Women's Health Concerns



Your Physical Therapist has been trained in the latest manual therapy techniques to provide relief for many of the Women's Health related issues covered in this newsletter.

1) Physical Therapy

Avante Physical Therapy has highly trained and skilled therapists with knowledge in the management of various women's health related issues. There are many manual therapy and therapeutic approaches to aid the patient in reducing pain and discomfort in controlling back pain due to pregnancy, osteoporosis/osteopenia, as well as headaches. There are a multitude of exercises, each of which is tailored to the individual patient. These exercises can help in the management of incontinence, limit back pain during pregnancy, encourage a quick and healthy recovery postpartum, educate with regards to stretches to prevent the recurrence of headaches, and tips on what to do for back pain as a result of osteoporosis/osteopenia that effects such a large population. If you have any of these symptoms, please contact your Physical Therapist and find out exactly how we may help your particular condition.

2) Wellness

We continually hear the phrase "living healthy", but what exactly does it mean, and how can we apply this to our daily living. Maintaining healthy, erect postures when sitting at our work desk, eating meals with the family at home, or even watching television is essential to preventing stress injuries to our necks and backs. Keeping our backs straight when lifting our children or grandchildren, when carrying heavy loads or when doing yard work is an easy way of avoiding injuries to our backs. Regular exercise, which we can incorporate into our daily living is useful, especially when we run out of time for a formal exercise routine. Instead of taking the elevator at work or the mall, use the stairs; stand up every hour at work and take a short walk to the restroom; and perform stretches regularly throughout the day to

prevent placing our bodies in any position for too long. Speak to your Physical Therapist or Family Physician on other ways that you can change your lifestyle in order to "live healthy"..

3) Diet

"You are what you eat" is also a common phrase that you hear. The easiest way to cut down on calorie intake is to eat smaller portions. Try and snack on fresh fruit and vegetables instead of crackers and cookies. Also try to substitute water for sodas. Just making these minor changes can lead to a healthier lifestyle, possible weight loss and improved cardiovascular outcome. For more in depth weight management or control of medical conditions such as Diabetes, speak to your Primary Care Physician for a referral to a Dietician and Nutritionist.

4) Nutritional Supplements

Depending on what your nutritional needs are, whether you are pregnant, a nursing mother, post menopausal or lactose intolerant, nutritional supplements will probably assist you in achieving improved wellness and wellbeing. Contact your Primary Care Physician to find out which supplements would be right for you.

5) Exercise

The hardest part about an exercise program is getting started! Speak with your Physical Therapist about the right exercises for you, and how you should progress your exercises without the risk of injuring yourself. If you have concerns about a new condition and how exercise will affect it, call our office to set up an Initial Evaluation. This will include a comprehensive evaluation to ascertain your source of symptoms and what precautions you should take to allow recovery.

Featured Therapist

Jamie Tjalma, MPT



Jamie Tjalma is the most recent addition to the Avante team, and is originally from Federalsburg, Maryland. Jamie is a graduate of High Point University, where she earned her Bachelor's Degree in Exercise Science. Following this, she attended the University of North Carolina at Chapel Hill where she received her Master's Degree in Physical Therapy in 2005. Jamie is currently completing her Doctorate in Physical Therapy at UNC, and continues practicing Physical Therapy in an orthopedic setting. Jamie will also be receiving her Pilates Mat Level 1 Certification in January.

"Women's Health is an area of physical therapy that is little known to women. Many do suffer from typical conditions such as chronic headaches, pregnancy related back pain and osteoporosis. These women can greatly benefit from specific physical therapy geared at restoring joint mobility and muscle strength."

Jamie has already proven to be a valuable asset to Avante. Thank you Jamie for all that you do, and welcome aboard!

Successes at Avante PT

HEAR WHAT OUR PATIENTS HAVE TO SAY:

Andrea is terrific, she made sure I knew how to do my at home exercises, she pinpointed my problem at my first appointment and worked with me until I was 100% again. This is the third time I have chosen Avante Physical Therapy (twice for my knees and this time for my neck) and if I need therapy again, they are the only choice for me! -SM

Avante Physical Therapy far exceeded my expectations, so much better than I ever expected. Compared to other clinics they are the best. Thank you for caring so much! —LP

Avante is the best! The Therapists are very thorough in explaining exercises and procedures. The entire staff is very caring and encouraging;

I would come back here again and again, if I had to. —CB

I feel so much stronger and the pain I was feeling when I started with Avante is now minimal and manageable. Thank you for all of your instruction, encouragement, and advice.

Thank you for ALWAYS greeting me with a smile, I think I will miss that the most! My prayers are with you all. —KC

I feel perfect now, so I do not see how anything about Avante Physical



Therapy could not be classified as perfect as well. —SL

I discovered Avante Physical Therapy by a referral from my surgeon's office, how very fortunate was I. The inconvenience of driving from Chapel Hill to the Apex office was greatly overcome by the highly effective therapy treatments I received. I am now on a program that will carry me on after my Avante visits are concluded. —EM





Superior Treatment at Avante Physical Therapy



At Avante Physical Therapy we specialize in one-on-one, hands-on manual therapy specifically designed and directed at providing you with the most effective and expedient way to regain your healthy lifestyle.

We believe in educating and involving our patients in the full process of rehabilitation towards recovering their health and regaining their ability to participate in the activities they love.

It is our passion to ensure that our patients not only feel relief from their pain, but also increasing strength and flexibility to restore normal function.

Don't Let Women's Health Issues Ruin Your Active Lifestyle!
Come and Visit us for your Initial Consultation and find out if Physical Therapy can help you ease the pain and improve your function and quality of life.
(919) 463-9443

Contact us now to set your recovery in motion!
Call us today at
Cary (919) 463-9443 Apex (919) 367-7890
or visit us on the web at www.avantept.com

Women's Health

INSIDE

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