

What should I expect?

As a new patient, you will receive a thorough evaluation and one-on-one discussion with your physical therapist. If appropriate for your diagnosis, the evaluation may include a pelvic floor examination. Your initial visit should take about 1 1/2 hours for the admissions and evaluation process. Follow-up visits are typically an hour in length. All treatments take place in a private room by a female physical therapist trained specifically in this field.

Who will be my Physical Therapist?



Katie Reeves, PT, DPT has practiced physical therapy for ten years with nine years specializing in women's health issues. She has attended numerous post-graduate training courses related to these topics. Dr. Reeves earned her B.S. in Physical Therapy from the University of Mississippi Medical Center in 2000 and went on to achieve her Doctorate in Physical Therapy from Boston University in 2006. She serves as the Mississippi State

Representative for the Section of Women's Health of the American Physical Therapy Association (APTA). Dr. Reeves developed a passion for women's health issues early in her career and continues to advance her knowledge and skills with a goal to achieve the Women's Health Clinical Specialist certification from the APTA.

Will my insurance cover physical therapy?

We participate with all major health insurance carriers, including Medicare and Mississippi Medicaid. Please check with your insurance carrier to confirm that physical therapy treatment of pelvic floor muscle dysfunction is a covered benefit.

Who can refer me for physical therapy?

Your general practice or specialized physician or nurse practitioner can refer you for physical therapy. You may schedule a physical therapy evaluation by calling 662-287-1400. Please bring the following items with you to your first visit: referral form, insurance cards, photo identification, medical and surgical history, list of current medications and allergies.

Other rehabilitation services include:

- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Sports Medicine
- Aquatic Therapy (indoor heated pool)
- Lymphedema Decongestive Therapy
- Pediatric Therapy
- Work conditioning & Functional Capacity Evaluations (FCE's)

WOMEN'S HEALTH PHYSICAL THERAPY PROGRAM FOR PELVIC DISORDERS

MAGNOLIA
REGIONAL HEALTH CENTER
REHABILITATION SERVICES

1001 S. HARPER ROAD • CORINTH, MS 38834 • 662.287.1400
WWW.MRHC.ORG

Since 2001, Magnolia Regional Health Center Outpatient Rehabilitation Department has provided service to women in our community with pelvic disorders. The Women's Health Program offers treatment for unique muscular issues many women face throughout their lives in a comfortable environment. Their physical therapists have specialized training and advanced knowledge in female anatomy and physiology.

Areas of Physical Therapy Expertise

Urinary & Fecal Urgency, Frequency & Incontinence

- Stress Incontinence
- Urge Incontinence
- Mixed Incontinence

Pelvic Floor Pain & Dysfunctions

- Interstitial Cystitis (Painful Bladder Syndrome)
- Rectal Pain
- Post-Surgical Gynecological Pain
- Pelvic Floor Tension
- Dyspareunia (pain with sexual intercourse)
- Coccydynia (pain at tailbone)
- Vulvodynia (chronic irritation of vulva)
- Pelvic Organ Prolapse (bladder, uterus, rectum)
- Vaginismus / Anismus (muscle spasm of pelvic floor muscles)
- Sacroiliac (SI) Joint Dysfunction
- Pudendal Neuropathy
- Post-Abdominal Surgery Pain
- Endometriosis
- Irritable Bowel Disease (IBS)
- Inflammatory Bowel Disease (IBD)
- Functional Constipation

Pregnancy and Post-Partum Musculoskeletal Dysfunction

- Low Back Pain
- Sacroiliac (SI) & Pubic Dysfunction
- Sciatica
- Nerve Compression Syndrome
- Round Ligament Pain
- Diastasis Recti
- Neck & Upper Back Pain
- Incontinence & Pelvic Floor Weakness
- Postural Imbalances
- Post Cesarean Section Pain, Scar Adhesions & Weakness
- Episiotomy Scar Adhesions & Pain

Perimenopausal or Menopausal Symptoms

- Post-Hysterectomy Adhesions & Deconditioning
- Osteoporosis
- Incontinence
- Joint Pain
- Fibromyalgia

Children Pelvic Floor Dysfunction

- Bowel & Bladder Dysfunction & Incontinence

Treatment Options

- Biofeedback Internal/External: is a non-invasive form of treatment. Electrodes are attached to the body to measure muscle tension and activity. These findings are displayed as "feedback" for the patient on a computerized screen with visual and auditory cues. With this "feedback," patients can learn to contract and relax their pelvic floor and surrounding muscles to improve a variety of conditions.
 - Pelvic Floor Up/Down Training
 - Pelvic Floor Muscle Strengthening
- Behavioral Modification/Bladder Retraining
- Nutritional Guidance
- Physiological Quieting
- Manual Therapy Internal/External
 - Soft Tissue Mobilization
 - Massage/Myofascial Release
 - Muscle Energy Techniques
 - Joint Mobilization of Sacroiliac Joint & Coccyx
- Postural Enhancement Exercises
- Flexibility Training
- Strengthening & Stabilization Exercises
- Personalized Home Exercise Program
- Modalities
 - Internal/External Muscle Stimulation
 - TENS Unit
 - Ultrasound
 - Iontophoresis
 - Heat/Cold Therapy

