

# Physician Referral

Patient's Name \_\_\_\_\_

Diagnosis \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Precautions \_\_\_\_\_

\_\_\_\_\_

- Biofeedback
- Manual Lymph Drainage Massage
- Electrical Stimulation
- Therapeutic Exercise
- Postural Education
- Postpartum Exercise
- OB Back to School
- Other \_\_\_\_\_

\_\_\_\_\_

Comments \_\_\_\_\_

\_\_\_\_\_

Frequency \_\_\_\_\_ X per week for \_\_\_\_\_ weeks

Signature \_\_\_\_\_

Date \_\_\_\_\_

We accept referrals from any physician.  
Most insurance plans are accepted.  
Please give us a call for more information.

# Our Mission is to...

- Provide superior physical therapy services leading to excellent patient outcomes, with an overall emphasis on evidence based care.
- Recognize that each patient is different and commit to each patient's success.
- Recognize that communication helps to facilitate superior outcomes that we have been able to achieve.
- Work closely with physicians and insurance companies to better serve the patient and to accommodate their needs.

We feel you will be pleased with the outcomes, communication, and customer service that you will receive at Mountain River Physical Therapy.

*At Mountain River Physical Therapy we will work hard to equip you with the tools you need to not only recover but to regain confidence and control of your life!*



1212 Garfield Avenue, Suite 200  
Parkersburg, WV 26101

304-865-6778

[www.mountainriverpt.com](http://www.mountainriverpt.com)



[facebook.com/mountainriverpt](https://facebook.com/mountainriverpt)

# Women's Health Physical Therapy Program for Pelvic / Disorders



## Regain Confidence & Take Control



Women's Health Specialists

# *What is Women's Health?*

Women's health physical therapy is an area of physical therapy that specializes in the unique needs of women throughout their lives. With their specific training in musculoskeletal disorders, physical therapists provide effective management for women with various dysfunctions that occur. From the young female athlete, before, during and after pregnancy, menopausal and elderly women all can receive benefit from physical therapy treatment.

## *Areas of Physical Therapy Expertise*

### *Urinary Incontinence*

Many women at some point during their lives will experience some form of urinary incontinence. Simple activities such as coughing, sneezing, laughing or not being able to get to the bathroom in time can result in an embarrassing loss of bladder control. Physical therapy can help women regain control by educating patients on the function of the pelvic floor muscles, bladder retraining, and use of electrical stimulation and/or biofeedback. Physical therapy can also benefit surgical candidates by preparing their bodies for surgery, decreasing recovery time.

### *Pelvic Pain/Dysfunction*

The pelvic area consists of multiple muscles and tissue. As in any muscle, pain can be caused by weakness, tightness, spasms, or scar tissue adhesions. Many women experience pelvic pain or discomfort for years before seeking help. Pain can occur after surgery or childbirth, during intercourse, with prolonged standing or exercise. Physical therapy can help decrease pain utilizing various modalities such as ultrasound, electrical stimulation, biofeedback, soft tissue massage, strengthening programs and postural education/retraining.

### *Prenatal/Postpartum Care*

Childbearing years should be a miraculous and pleasant time during a woman's life. It is often met with pain and discomfort. Many women experience low back pain, pelvic discomfort, decreased control of urine, leg pain and numbness, severe leg cramps, and carpal tunnel syndrome. PT intervention may include postural education, soft tissue mobilization, bladder education, strengthening/stretching programs, and pelvic floor strengthening. After delivery, PT can prove beneficial for women experiencing sacroiliac pain, weakened abdominal muscles, pain from incisions, pain during intercourse, or pelvic floor weakness/pain.

## *How Do I Get Started With Physical Therapy?*

First discuss your questions and concerns with your physician. Communication between your physician and your therapist is essential and an integral part of your recovery.

### *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.

### *Will my insurance cover physical therapy?*

We accept all major insurance carriers... Medicare, Blue Cross Blue Shield, Cigna, Medical Mutual, Workers' Compensation, Medicaid and many more.

## *Who will be my Physical Therapist?*



*Tanya Cancade*

Tanya Cancade graduated magna cum laude from the University of Mary in Bismarck, ND with a Masters in Physical Therapy and an undergraduate degree in Rehabilitative Studies. She has worked most of her career in outpatient orthopedics but has always had an interest in women's health. Tanya has training in women's health issues from the Herman & Wallace Pelvic Rehabilitation Institute and has successfully completed all 3 levels of coursework making her eligible to sit for her specialization in Women's Health. She has training from the Academy of Lymphatic Studies for the treatment of Lymphedema and additional training in pre/post partum conditions. She is certified in ASTYM, FMS (Functional Movement Screen), SFMA (Selective Functional Movement Assessment), and IMT/TDN (Intramuscular Manual Therapy/ Trigger Point Dry Needling).