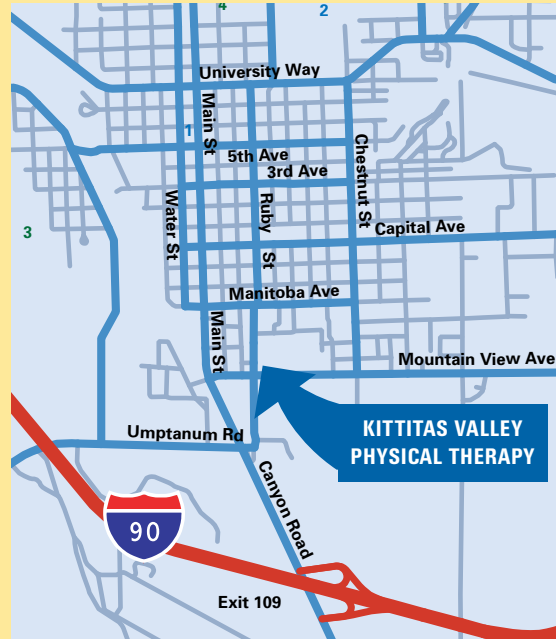




Goals of Physical Therapy

- Restore independence and function
- Return individuals to a productive life within the home and work environments
- Improve overall quality of life
- Eliminate or manage pain
- Teach lifestyle changes to prevent dysfunction and/or re-injury
- Provide education to women throughout all cycles of their life



Kittitas Valley Physical Therapy

301 East Mountain View Ave.
Ellensburg, WA 98926

509-962-7386

HOURS OF OPERATION

Monday-Friday 7:00 am-5:30 pm



www.kvch.com

Physical Therapy Services



...for the unique needs
of women



KITTITAS VALLEY COMMUNITY HOSPITAL

exceptional community healthcare

Women's Health



Programs and Features

Pre/Post Partum

In this program, our specially trained therapists assist pre- and post-partum patients in minimizing the undesirable effects of pregnancy on the back and extremities by teaching them safe exercises and how to practice good posture and body usage. The program is designed to relieve cervical, thoracic, lumbar, sciatica, and pubic symphysis disorders as well helping to manage deQuervain's, carpal tunnel and other overuse injuries.

Pelvic Floor/Core Strength

Using therapeutic exercise, biofeedback technology, and lifestyle education, the Pelvic Floor/Core strengthening Program helps patients retrain pelvic floor muscles and impact the issues that occur as a result of weakness in these muscles such as low back pain and inappropriate voiding habits.



At Kittitas Valley Physical Therapy, the Women's Health program is tailored to the unique needs of women.

Treatment is individualized and provided by an expert staff trained in the latest techniques.

Osteoporosis

Patients are taught how to manage pain and increase their ability to perform the activities of daily living through strength and endurance training, improving posture, and identifying risk factors.

Fibromyalgia

The Fibromyalgia Program is a four-week program designed to empower patients through disease management strategies and graduated exercise programs.

Post-Cesarean/Diastasis Recti

Patients are educated on how to minimize abdominal insufficiency and its functional impact after childbirth.

Carpal Tunnel/Dequervain's

Through strengthening exercises and ergonomic assessment, patients are taught how to improve functional movement and manage repetitive strain disorders.

Pregnant Athlete

The Pregnant Athlete Program consists of extensive evaluation of current physical conditioning and training and education in safe exercise protocols during all stages of pregnancy.

