

## McLaren Print System Order

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 User: Terri Harding  
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 505 N. Dayton  
 Davison, Mi 48423

Brochures  
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 Paragon Dept No: 38112  
 Dept Name: McLaren Flint Davison PT  
 Company Number: 60

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Item Number: M-34624  
 Item Description: Pelvic Floor Rehabilitation Brochure  
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### Patient Success Stories

Earlyn, who is in her early 70's, was experiencing leakage for two years before she found out about physical therapy as a treatment option. She was able to stop taking the incontinence medication after a couple of weeks of therapy and now drinks caffeine without problems.

"Many women do not like to discuss this problem, but I never felt uncomfortable talking with her, even from the beginning. She gave me exercise techniques to do as she saw I could take them on. She never rushed me."

Tammy suffered for over a decade with vaginitis, a condition that makes routine pelvic exams and intercourse very painful or in severe cases, impossible.

"It was the nurse practitioner at my primary care doctor's office that told me about physical therapy as a treatment option. It was not even two months of going to physical therapy that I was able to have intercourse with my husband without pain for the first time in ten years."

### Don't Be a Statistic

- > Urinary incontinence affects about 25 million adults; 75-80% of these are women.
- > Women wait an average of six years to seek treatment for their pelvic floor problems.
- > 2/3 of women 30-70 years old have never discussed bladder health with their doctor.
- > For men, estimates of incontinence after prostatectomy range from 25-70%.
- > The overall lifetime prevalence for chronic pelvic pain is estimated to be 9-16% for men and 24% for women.

The good news is incontinence and pelvic pain do not have to be a normal part of life and can be successfully treated with physical therapy.

### Pelvic Health Therapy

#### Locations

**McLAREN THERAPY SERVICES - BRISTOL**  
 4466 W. Bristol Rd., Flint, MI 48907  
 tel: (810) 342-5350 • fax: (810) 342-5362

**McLAREN THERAPY SERVICES - DAVISON**  
 St. John Family Center  
 505 N. Dayton, Davison, MI 48423  
 tel: (810) 658-5631 • fax: (810) 658-7732

**McLAREN THERAPY SERVICES - FULTON**  
 401 S. Ballenger Hwy., Flint, MI 48932  
 tel: (810) 342-2356 • fax: (810) 342-3652

**McLAREN THERAPY SERVICES - FLUSHING**  
 2500 North Elm Road, Suite A  
 Flushing, MI 48433  
 tel: (810) 342-5550 • fax: (810) 342-5589

**McLAREN THERAPY SERVICES - FENTON**  
 4045 Owen Road  
 Fenton, MI 48430  
 tel: (810) 750-2222 • fax: (810) 750-2998

#### Services

- Pelvic Pain (male and female)
- Vaginal and Rectal Pain & Dysfunction
- Pregnancy/Post-Pregnancy Related Pain
- Bowel and Bladder Dysfunction
- Lymphedema • Osteoporosis
- Aquatic Therapy

For appointments or questions:  
 (810) 342-5350



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### Pelvic Floor Rehabilitation

"I want people to know they are not alone and it's not something that they have to live with."  
 Tammy - Grand Blanc

