

**McLaren Print System Order**

**Order No: 74315**  
**Order Date: 2022-12-28**  
**User: Kristin Masters**  
**Phone: 5179753520**

**Ship Location: McLaren Rehab Services- H&W Pavilion**  
**3101 Discovery Drive Suite 700**  
**Lansing, MI 48910**

**Brochures**  
**Quantity: 200**  
**Paragon Dept No: 26000-2875**  
**Dept Name: McLaren Rehab Jolly Road**  
**Company Number: 160**

**Order Total Price: 57.20**

**Item Number: REHAB-010**  
**Item Description: Pelvic Health Brochure**  
**Revision Date: 10/2022**  
**Print:**  
**Paper:**  
**Size:**  
**Fold:**  
**Finish:**  
**Drill:**  
**Poster:**  
**Misc Info: 8.5 x 11, DS, Tri-Fold Brochure**

**Therapy Designed to Meet Your Needs**

Upon referral to physical therapy, you will receive a comprehensive evaluation by a physical therapist who has received extensive training in treating pelvic floor dysfunction. An individualized treatment plan will be developed with your personal goals in mind in order to help you return to your normal daily activities as quickly and safely as possible.

**Treatment may include:**

- Manual therapy to correct pelvic and lower back alignment and restore soft tissue mobility.
- Biofeedback training to regain proper function and coordination of the muscles of the pelvic floor.
- Electrical stimulation to retrain the muscles and enhance motor recruitment with exercise.
- Bladder retraining.
- Therapeutic exercise to increase core strength, pelvic floor strength, and posture.
- Dietary and fluid intake education.
- Education on the pelvic floor, hip, and lower back muscles that may be causing pain.
- Education on the use of medical devices or adaptions.
- Education and home exercise programs to help maintain healthy bladder and bowel function.
- Targeted education to caregivers and family.

**There is Hope**

Physical therapy is an option whether you experience onset or long-standing symptoms, bowel incontinence, or pelvic pain.

You now have hope of regaining control and quality of life. Treatment can help you and your children.

**Spec Info:**



**McLaren Greater Lansing Rehabilitation**  
**Health & Wellness Pavilion**  
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DOING WHAT'S BEST

**PELVIC HEALTH AND PELVIC FLOOR REHABILITATION**

**McLaren**  
**GREATER LANSING**

DOING WHAT'S BEST