



Through The Life Cycle
Offers Specialized Evaluation
And Personal Treatment Plans
For Better Pelvic Health.

Whatever stage of life you're in, you should know there is no reason for women to endure the pain, the discomfort or the embarrassment of common conditions. Many treatment options are available to help with incontinence, bladder or bowel problems, painful intercourse, lack of orgasm, pelvic or abdominal pain and changes related to pregnancy and postpartum.

Through the Life Cycle at Rascal Creek Physical Therapy offers relief of your unique conditions with a specific treatment plan that fits your needs and lifestyle.



TLC offers specialized physical therapy evaluation and one-on-one treatment in a private and compassionate manner to meet functional goals and provide life care strategies for any age.

3327 M Street / Suite A
Merced, CA 95348

Phone: 209.722.1030

Fax: 209.722.5408

email: rcpt@sbcglobal.net

www.rascalcreekpt.com



Rascal Creek Physical Therapy

Rascal Creek physical therapists can treat all of your orthopedic issues from spinal conditions, joint replacements, sport and work related injuries, joint pain, muscle weakness, pelvic health, balance disorders, dizziness, vestibular/vertigo and sport-specific rehabilitation.

Take Back Control Of Your Health.

Pelvic Health Specialist
Heidi Hernandez, PT, DPT



Incontinence

Involuntary leakage of urine, stool or gas

There are a wide variety of medical reasons that women have sudden urges to urinate or lose control of their bladder or bowel when they sneeze, cough, laugh or exercise. Unintended leaks can be controlled with proven physical therapy methods.



Constipation

Difficult elimination

Constipation is one of the most common gastrointestinal complaints. Whether it's from surgery, muscle control issues, trauma, genetics, medication or a simple change in your life, diet or routine, you can improve this painful condition without using medications.

Pregnancy, Postpartum

Physical changes, pain, muscle weakness

The wonders and joys of pregnancy can also mean alterations to a woman's body. Pain in the lower back, tailbone, and joints, as well as abdominal and pelvic muscle weakness can be treated to restore healthy movement, function and comfort.

Pelvic Pain Syndrome

From the pubic bone to tailbone

Injured pelvic muscles can cause bladder and bowel problems, painful intercourse, burning or numbness, and other complications. Specialized treatments and information about things you can do on your own can put you back in control.



Surgery Recovery

C-section, hysterectomy, other surgeries

Surgeries that cut through abdominal or pelvic tissue require special rehabilitation of muscles, connective tissues, bones and organs. TLC gives you excellent post-operative care to ensure the best-possible outcome.

Anorectal Pain

Discomfort around anus, rectum

Pain in your sensitive anorectal area can be from localized issues such as muscle spasms, hemorrhoids or skin irritations, but pain may also originate in organs, pelvic bones, the spine, or even your lower extremities. We identify the source and treat to get results.

Painful Tailbone/Coccydynia

Pain while standing, moving or sitting

The vertebrae at the end of your spine have numerous ligament and muscular attachments that can be injured and cause excruciating pain when you sit or stand or move in certain ways. Most cases respond well to proper intervention.

Nerve Entrapment/Neuralgia

Burning, radiating pelvic pain

Any swelling of tissue that compresses the nerve connected to your pelvic areas can cause a number of issues from burning and aching around the vagina to bowel dysfunction. Proper action can help to reduce pain and other debilitating symptoms.



Treatments that fit your needs.

TLC offers proven therapeutic treatments for your pelvic region to help you take back control of your life.

- Muscle re-education, coordination, relaxation
- Therapeutic and relaxation exercises
- Spinal and pelvic realignment, postural education
- Sensory retraining
- Biofeedback / surface electromyography (EMG)
- Patient education and instruction of self care strategies
- Bladder or Bowel retraining and behavioral interventions
- Manual therapy techniques/ myofascial release
- Functional retraining
- Electrical stimulation