

Thank you for choosing Knoxville Hospital & Clinics (KHC) and 21st Century Rehab for your physical therapy services focusing on women's health.

We treat:

- Incontinence
- Back and rib pain
- Pelvic and hip pain
- Pelvic organ prolapse
- Pregnancy and postpartum ailments
- Post C-section complications
- Diastasis Recti (separation of abdominals)
- Post mastectomy
- Core weakness/dysfunction
- Constipation

Women's health services

In addition to specializing in physical therapy, our certified women's health specialist Jessica Stickel, DPT, has undergone specific training to better treat complications women experience due to pregnancy, aging, or other stresses on the body.

About 21st Century Rehab

Our Rehabilitation Services department partners with 21st Century Rehab to provide care to our patients.

21st Century Rehab provides services to six Iowa outpatient clinics and seven Iowa hospital locations. The group offers consultations and services for skilled nursing homes and private and public home health agencies.

For more than 80 years, Knoxville Hospital & Clinics has been helping families throughout south central Iowa and beyond. Voted as Best of Red Rock Area's "Best Place to Work" and "Best Hospitality," our mission of *faithfully providing exceptional health care* affects every decision we make and how we care for patients and families.

As a non-profit community hospital serving Marion County and the surrounding area, we take great pride in providing exceptional care close to home. Named a Top 100 Critical Access Hospital, our highly skilled medical team provides personal, compassionate, innovative, and quality health care to our patients.

Knoxville Hospital & Clinics complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call (641) 842-1421.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (641) 842-1421.

Knoxville Hospital & Clinics
(641) 842-2151

Melcher Clinic
(641) 947-2121

Pleasantville Clinic
(515) 848-3113

Red Rock Healthcare - Pella
(641) 628-2222



An Affiliate of **MERCYONE** SM



**Physical Therapy:
Women's
Health Services**



Thank you for choosing
Knoxville Hospital & Clinics
for your health care needs.

At KHC and 21st Century Rehab, we know that women have specific health needs.

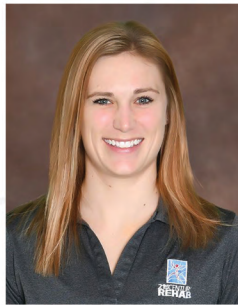
Women are likely juggling many things, from work, family life, and social obligations, making it hard to find the time to check in on their own health. However, when health issues like incontinence or pelvic pain begin to arise, it's important to find treatment options to ease the pain.

We want to help!

During your first appointment, you will meet with our women's health specialist, Jessica Stickel, DPT. A full assessment will take place and you will be educated about the cause of your symptoms as well as treatment options to address your pain or weakness.

Our women's health specialist

A Knoxville native, **Jessica Stickel, DPT**, received her bachelor's degree in Biology from Grand View University and her Doctorate in Physical Therapy from Des Moines University. In her spare time, Jessica enjoys being active, spending time with family, and traveling. In addition to women's health, Jessica specializes in back, neck, shoulder, and chronic pain; dry needling; elbow and hand conditions; foot, ankle, knee, and hip conditions; occupational health; and sports medicine.



Physical therapy can be helpful with many common women's issues including pregnancy, postpartum, and pelvic floor dysfunction.

Pregnancy

Pregnancy should be a rewarding period, but unfortunately many women experience musculoskeletal pain while they're expecting. Several hormonal changes to the female body can impact the quality of life during pregnancy and affect the delivery methods best suited for you.

Physical therapy can treat a wide variety of symptoms and complications including:

- Difficulty walking or performing daily tasks
- Neck & back pain
- Pubic symphysis pain
- Tailbone pain
- Sacroiliac joint pain
- Concerns related to bladder, bowel, or sexual activity

Our treatment plan to help you during pregnancy may include:

- Personalized exercise programs to address musculoskeletal imbalances
- Proper body mechanics for daily activities
- Manual therapy for joint and muscle pain
- Techniques to prepare for labor
- Individualized recommendations for delivery positioning

Postpartum

During the postpartum period, hormone levels fluctuate while musculoskeletal changes continue to occur. Jessica is trained to treat women experiencing simple to complex issues after childbirth, whether that be weeks or years after delivery.

Working with you, Jessica can help you safely return to exercise as well as restore core strength and pelvic floor muscle activity. Other treatment options can also improve digestion, reduce risk for prolapse, and address bowel/bladder complaints.

Pelvic floor dysfunction

Millions of women suffer from pelvic floor dysfunction which can lead to urinary and/or bowel incontinence and pelvic pain. Pregnancy, childbirth, chronic constipation, chronic coughing, surgery, trauma, and aging can cause pelvic floor muscle tension and weakness. One very common pelvic floor dysfunction is urinary incontinence.

Many women are unaware of how physical therapy can assist with treatment of pelvic floor dysfunction. The pelvic floor refers to a group of muscles at the base of the pelvis that supports the function of the bladder, reproductive organs, and bowels. Complications with these muscles can cause a variety of symptoms including hip, low back, and pelvic pain; urinary or fecal incontinence; or feelings of heaviness.

Together, you and your therapist can evaluate and address your symptoms through low risk interventions. This may include:

- Holistic assessment of movement patterns, core, and pelvic floor function
- Dietary education
- Neuromuscular education
- Personalized exercise programs
- Manual therapy

Questions?

If you have any questions about the women's health or rehabilitation services at KHC, please call **(641) 842-1464**.