

Q & A with a real patient

Ashley Y. is a mother of two, a fourth-grade teacher and a doctoral student. She's used to putting others first and knows how to get things done. When she began to feel occasional pelvic pain, she knew she needed to take action.

How easy was it to seek treatment?

The whole process was very manageable. I was referred to West Valley Hospital Rehab Services, got tested, got educated and did physical therapy.

Did anything about the process surprise you?

One of the biggest benefits to me was the education component of treatment. I realized how much more I needed to learn about my body, especially my muscle structure and nerves.

What would you say to someone nervous about getting help?

Don't be. The care I received was great. I didn't feel uncomfortable at all, and my therapist, John, was wonderful.



West Valley Hospital Rehabilitation Services

525 SE Washington St. | Dallas, OR 97338
Call: 503-623-7305 | Fax: 503-623-7325

WEST VALLEY HOSPITAL
REHABILITATION SERVICES

End pelvic problems with physical therapy



Why suffer any longer from a condition that is treatable? Regain control of your life.



Have you been experiencing any of the following?

- Incontinence
- Constipation
- Pelvic or vaginal pain
- Prenatal or postpartum musculoskeletal pain
- Diastasis recti (abdominal separation associated with pregnancy)
- Early stages of pelvic prolapse
- Pelvic issues related to athletics

If you can check “yes” on any of these, you may benefit from physical therapy.

Rehabilitation can help you successfully manage pelvic pain, regain bowel and bladder control, stabilize abdominal wall/core and control early pelvic prolapse.

While these conditions occur largely among women, men may also benefit from pelvic rehabilitation for similar issues.

We're here to support you!

Our pelvic rehabilitation team is committed to your success. That's why our two licensed physical therapists are specially trained in pelvic health.

As a patient of West Valley Hospital Rehabilitation Services, you'll receive the latest treatment options for your pelvic conditions. We provide individualized assessment and care to develop a whole person plan to resolve your pelvic concerns. Your plan may include:

- Standardized and specialized testing
- Pelvic floor training equipment
- Bowel and bladder health education
- Diet modification
- Behavioral retraining
- Soft-tissue mobilization techniques
- Neuromuscular electrical stimulation
- Surface electromyography/biofeedback

We can help you return to your previous lifestyle and activities. We are committed to providing excellent care in an environment of compassion, privacy and dignity.

How to get help

Appointments with West Valley Hospital Rehabilitation are by referral only, so it's important to tell your primary care doctor of your interest in our program. That's all we need to begin care!