

## Directions

### Horseheads, NY

#### *From the East:*

Travel on Interstate 86 (Route 17) to exit 51 A, Colonial Drive exit. Take a right hand turn at the light. Proceed .4 miles and take a left onto John Roemmelt Drive.

#### *From the West:*

Travel on Interstate 86 (Route 17) to exit 51. Take a left hand turn at stop light, toward Arnot Mall. At the third light take a right onto Arnot Road. At the end of Arnot Road take a right onto Colonial Drive. Proceed .7 miles, through one light, and take a left onto John Roemmelt Drive.

### Elmira, NY

From Interstate I-86 (Route 17) East or West, take Elmira exit 56 onto Church Street. Continue on Church Street through the city of Elmira, approximately 3 miles. Signs to the Arnot Ogden Medical Center will be visible. At Church Street and Walnut Street Intersection/traffic light, take a right turn onto Walnut Street. Continue on Walnut Street to Ivy Street, take a left turn on Petrie Lane, one block past Ivy Street, to access the parking lot for Physical Therapy in the back of the Ivy II Medical Office Building.

#### ArnotHealth

Physical Therapy and Rehabilitative Services  
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Physical Therapy  
*for Women*



*Osteoporosis  
Pre and Post Natal  
Urinary Continence*

## Urinary Contenance

Many of the uncomfortable and embarrassing situations that arise from incontinence can be helped by physical therapy.

- "I feel like I have to go to the bathroom all the time."
- "I just can't make it to the bathroom."
- "I am up six times during the night to urinate."
- "I have to wear an adult diaper."
- "I drink almost nothing anymore because I don't want to leak."
- "I had to switch from mini pads to maxipads."

Urinary incontinence is not a "normal part of aging". Physical therapists can help you control this problem using muscle strengthening, state-of-the-art, computerized biofeedback, behavioral modification, full evaluation of the pelvic floor muscles, and education about their anatomy and physiology. We teach you how you can help yourself.

Ask your physician for a referral to see one of our women's health therapists.

## Pre and Post Natal Fitness

The aches and pains that you feel during pregnancy and after giving birth can be helped by seeing a physical therapist. You will receive a thorough evaluation by a physical therapist looking at:

- **Muscle weakness:** You will be instructed in an individualized pre/post natal, post Cesarean section exercise program. The exercise program will be modified to fit your needs.
- **Aching muscles, joints, or long standing orthopedic problems:** We will be able to determine which exercises may benefit your low back, pelvis, hips, knees, feet, shoulders, elbows or wrists. Treatment may consist of proper education on posture, or carrying and lifting techniques. Instruction on positioning and comfort while at work or home may be utilized as well. These programs are available at both our Rehabilitation Centers.
- **Tingling of the arms or legs:** Relieve this unpleasant feeling by exercising, stretching, splinting, or through positioning techniques.
- **Pain following a cesarean section:** Recovery from a Cesarean Section can be very painful. Physical therapy can help to reduce your pain through application of Transcutaneous Electrical Nerve Stimulation, instruction on postural exercises dealing with gas distension, and strengthening of the stomach musculature.



## Osteoporosis

As women age they lose bone mass due to a decrease in estrogen levels. Post-menopausal women lose approximately 1 to 2 percent of their bone mass each year. Twenty-five percent of all women will suffer a vertebral compression fracture, resulting in pain, height loss and impaired mobility.

Osteoporosis is:

- More common in Caucasian women
- More prevalent in thin women
- More likely to affect smokers

Physical Therapy can help women of any age as well as women at risk or who are diagnosed with osteoporosis by integrating a program of stretching, strengthening, balance exercises and weight bearing exercises into your daily routine.