



AMY FLORY, MPT


Amy Flory is a physical therapist and co-owner of CoreBalance Therapy. She has lived in the Flagstaff area for 10 years and she received her master's degree in physical therapy in 1996 from NAU. Amy is experienced in physical therapy for people with chronic pain, incontinence and dizziness, and for women during and following pregnancy. She serves as the Women's Health Section Southwest Representative. Outside of work, Amy enjoys photography, painting and spending time outdoors with her husband, son daughter.



SARAH HUDELSON, DPT

Sarah Hudelson has lived in Flagstaff since 1997 and holds her doctorate in physical therapy from NAU. She is co-owner of CoreBalance Therapy and is experienced in physical therapy for incontinence, chronic pain and dizziness. She also enjoys working with women during and following pregnancy. She enjoys many types of outdoor recreation with her husband and two sons, as participates in endurance running.

COREBALANCE THERAPY
906 West University Ave., Ste. 120
Flagstaff, AZ 86001



Physical Therapy For Pelvic Dysfunction



COREBALANCE THERAPY

*Where Health
is a Matter of
Balance*



What is pelvic floor dysfunction?

- Weakening of the pelvic floor muscles or years of habit can lead to a number of problems with uncontrolled urinary leakage and fecal incontinence.
- Incontinence is commonly seen as a female problem, but 18% of cases occur in men.
- Prostate surgery and enlarged prostate can cause symptoms of urinary leakage.
- Pelvic muscle spasm can occur as a result of poor posture and alignment, inflammation, painful menstruation, pelvic pain and trauma.



AVAILABLE SERVICES

EDUCATION

- Common problems associated with prostate enlargement and surgery
- Common problems associated with perinatal, childbearing and menses
- Anatomy and function of muscles
- Instructions in good bowel and bladder care
- Care of perineal or abdominal scars



PAIN RELIEF

- Massage and soft tissue work
- Myofascial release
- Joint mobilizations
- Ultrasound/Electrical Stimulation
- Ice/Heat

TREATMENT OPTIONS

THERAPEUTIC EXERCISE

- Strengthening, flexibility and endurance exercises for the pelvic floor, hip and abdominal muscles
- Proper training in daily activities, such as lifting and bending, in coordination with pelvic and abdominal muscles to reduce the frequency of leakage and pain
- Relaxation and breathing techniques

MUSCLE TRAINING AIDS

- Biofeedback may be used to assist in contracting the appropriate muscles and to measure improvement
- Electrical stimulation can help to strengthen muscles or inhibit excessive bladder contractions
- Pelvic floor muscle weights

*Most health insurance plans cover these services!
Please contact us for further information*

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