

Meet Our Specialist:



Jennifer Love, PT, DPT
Licensed Physical Therapist
Doctor of Physical Therapy
*Women's Health / Pelvic Health
Physical Therapy*

Women's Health and Pelvic Floor Physical Therapy is a highly specialized area of Physical Therapy which requires advanced and substantial additional training for a physical therapist in this niche discipline.

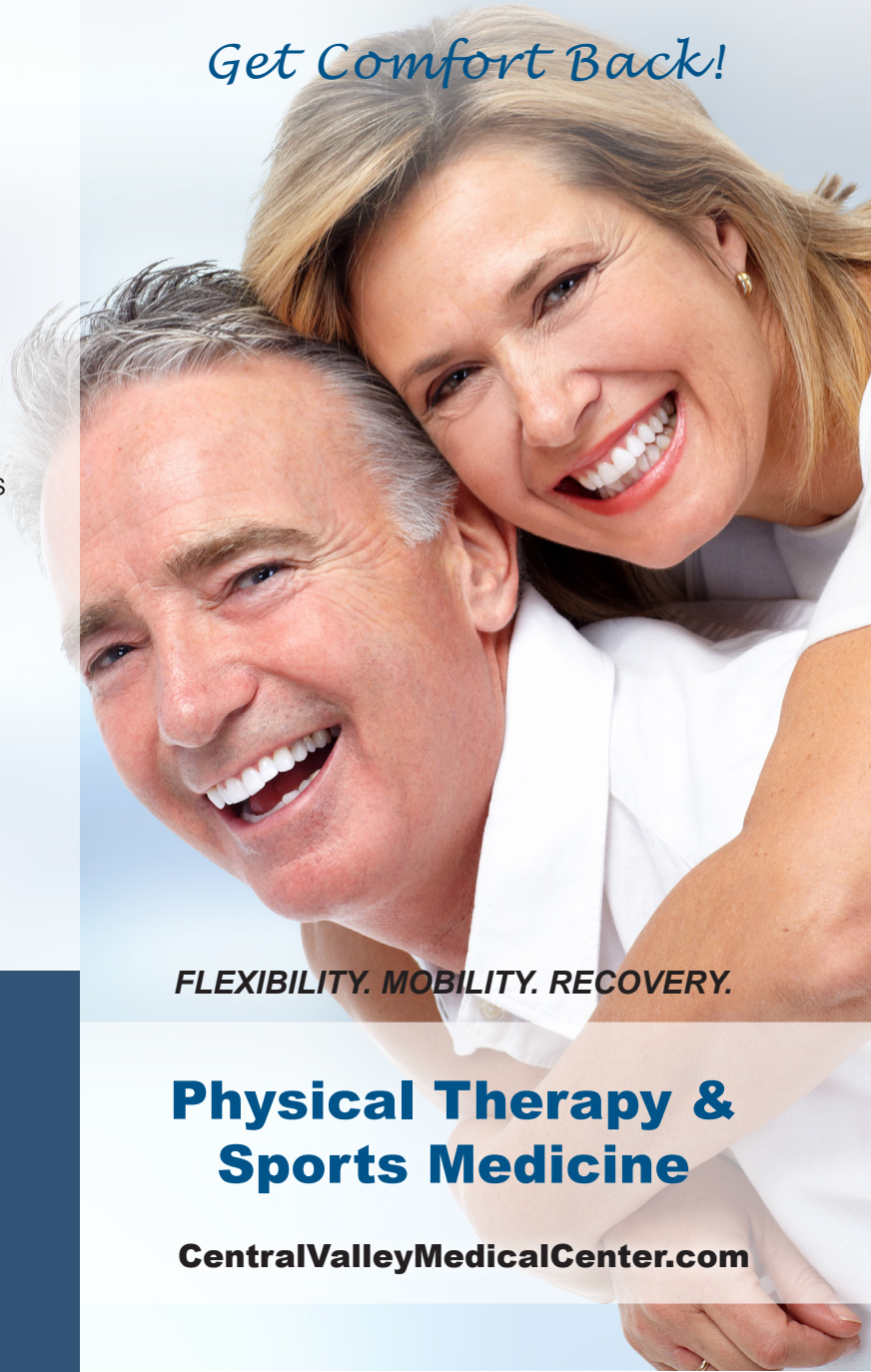
Jennifer Love graduated from the University of Utah with her Doctorate of Physical Therapy in 2007. She worked at the University of Utah hospital for 8 years in Inpatient Rehabilitation and Acute Care Services. While at the University of Utah Hospital she specialized in Spinal Cord Injury Rehabilitation, wheelchair seating and positioning, and initiated the swimming program for TRAILS (Therapeutic Recreation and Independent Lifestyles) for people with disabilities.

Jennifer moved to Nephi in 2015 and began her specialty in Women's Health/Pelvic Health Physical Therapy. She is motivated to address women's health issues as it relates to physical therapy. She is committed to helping improve the quality of care women receive before, during and after pregnancy. Jennifer has three children and enjoys staying active by raising her kids, exercising, and being involved in the community.



Physical Therapy | Women's Health **Pelvic Floor Dysfunction**

Get Comfort Back!



FLEXIBILITY. MOBILITY. RECOVERY.

Physical Therapy & Sports Medicine

CentralValleyMedicalCenter.com

**Central Valley Medical Center
Physical Therapy & Sports Medicine**

48 West 1500 North, Nephi, UT 84648

435 - 623 - 3045 | Office

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Central Valley Medical Center Physical Therapy

Women's Health - Pelvic Floor Dysfunction

1 IN 3



*Pelvic floor dysfunction is common,
affecting one-third of all women
once or more in their life time*

What is Pelvic Floor Dysfunction?

The pelvic floor is made up of muscle, ligaments and connective tissues that act as stabilizers to the pelvis and play a major role in core stabilization. Like any other major muscle group, the pelvic floor can experience dysfunction due to many contributing factors such as muscle weakness, muscle over-activity, improper muscle coordination/timing, muscle imbalances, scar tissue, and joint laxity.

Common Pelvic Floor Dysfunction Conditions Treated in Physical Therapy

Bowel and Bladder Conditions:

- Urinary and Fecal Incontinence (*Stress, Urge, Frequency*)
- Pelvic Organ Prolapse
- Constipation

Pregnancy/Post Natal Care:

- Birth recovery program
- Diastasis recti
- Pubic Symphysis pain
- Sacroiliac joint pain
- Scar tissue management

Pelvic Pain:

- Dyspareunia
- Painful Bladder Syndrome/Interstitial Cystitis
- Scar tissue
- Sexual dysfunction
- Vaginismus, Vulvodynia

Possible Treatments:

- Biofeedback to up-train or down-train specific pelvic floor muscles
- Electrical stimulation for awareness and strengthening pelvic floor muscles
- Strengthening exercises of pelvic floor and abdominal muscles focused on correct technique
- Soft tissue mobilization and myofascial release
- Stretching program
- Joint mobilization
- Relaxation techniques
- Education and behavior modification training

Set-up an appointment with us.

Schedule an appointment today and start feeling better tomorrow. We accept referrals from any physician. Most insurance plans are accepted, including Medicare and Medicaid. Please call us for more information at:

435-623-3045

CLINIC HOURS

MONDAY / WEDNESDAY / FRIDAY 7:00 AM – 6:00 PM

TUESDAY / THURSDAY 8:00 AM – 5:00 PM