

REHAB SPECIALISTS

PHYSICAL THERAPY
OCCUPATIONAL THERAPY
AQUATIC THERAPY
PEDIATRIC THERAPY
HOME CARE THERAPY
WOMEN'S PHYSICAL THERAPY

URINARY INCONTINENCE

Urinary continence relies on finely coordinated interaction of the smooth muscle tissue of the urethra and bladder, skeletal muscles, and the voluntary and autonomic nervous system. Of the several types of urinary incontinence, stress, urge, and mixed incontinence account for more than 90% of cases.

Temporary incontinence may be caused by several conditions including childbirth, medication side effects and urinary tract infection. Chronic incontinence may be a symptom of bladder weakness, nerve disorders, or pelvic floor muscle weakness.

AN INDIVIDUAL TREATMENT PLAN IS DEvised BASED ON THE SUBJECTIVE AND OBJECTIVE EVALUATION. THIS PLAN MAY INCLUDE:

- Pelvic Floor Muscle Re-Education
- Biofeedback
- Muscle Stimulation
- Manual Therapy
- Therapeutic Exercises
- Patient Education



SANTA MONICA (310) 828-0101

WOMEN'S PHYSICAL THERAPY

CONVENIENT LOCATIONS

We welcome the opportunity to better assist you.

415 N. CRESCENT DR. #130
BEVERLY HILLS, CA 90210
PH: 310.273.0877



2730 WILSHIRE BLVD. #533
SANTA MONICA, CA 90403
PH: 310.828.0101

WARM WATER POOL
2901 WILSHIRE BLVD. SUITE 103

5359 BALBOA BLVD. SUITE A
ENCINO, CA 91316
PH: 818.849.5396

WARM WATER POOL
ON SITE



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WOMEN'S HEALTH SPECIALISTS

PROVIDING COMPREHENSIVE,
INDIVIDUALIZED PHYSICAL THERAPY



For 30 years, we have provided both men and women with comprehensive care to relieve and rehabilitate their individual conditions.

Whether you are recovering from an injury, surgery, childbirth or simply want more mobility, we can help.

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BLOCKED MILK DUCTS

Physical Therapy modalities such as therapeutic ultrasound and massage techniques can be effective in clearing nursing mother's blocked milk ducts.

PELVIC FLOOR REHABILITATION

Pelvic Floor Dysfunction is a disorder in the muscles and/or nerves of the pelvic floor, or in the surrounding skeletal structure.

CONDITIONS MAY INCLUDE:

- Pelvic Pain & Sexual Pain conditions
- Urinary Incontinence
- Fecal & Gas Incontinence
- Pelvic Organ Prolapse
- Post Surgical Dysfunction
- Pregnancy & Postpartum related Pain & Dysfunction



WOMEN'S PHYSICAL THERAPY

PREGNANCY & POSTPARTUM THERAPY



FOR A HEALTHY PREGNANCY, WE OFFER:

- Pregnancy Massage
- Prenatal Rehabilitative Pilates
- Aquatic Exercise & Therapy
- Specialized home obstetrical Physical Therapy for the high-risk pregnant woman limited to bed-rest status

ADDITIONAL THERAPEUTIC TREATMENTS INCLUDE:

- Diastis Recti Evaluation and Management
- Pelvic Floor Re-Education
- Therapeutic Massage
- Postpartum Rehabilitative Pilates & Yoga
- Gyrotonic®
- Aquatic Therapy

MOST INSURANCE ACCEPTED

We know that anxiety and confusion often accompany healthcare services; our staff works closely and confidentially with you to clarify your insurance benefits and to maximize your insurance reimbursement.

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BREAST CANCER REHABILITATION

Women recovering from breast cancer surgery and treatment face many challenges; pain, movement limitations, fatigue, lymphedema and all of the emotional issues that arise when dealing with a serious illness.

Rehab Specialists offer a multi-faceted program to help women in their process of recovery by addressing the problems that may occur.

CONDITIONS MAY INCLUDE:

- Lymphedema
- Movement Restrictions
- Muscle Pain & Spasm in neck, back & shoulder girdle
- Axillary Web Cording
- Decreased Function in activities of everyday living

LYMPHEDEMA TREATMENTS INCLUDE:

- Manual Lymph Drainage Massage
- Scar Tissue Massage
- Fitting for Compression Sleeves
- Self Care Program
- Wrapping with special Bandages & Foam to maintain & further decrease edema
- Exercise to facilitate lymph flow

