



women's health location

SNOHOMISH COUNTY

EVERGREEN PHYSICAL THERAPY CENTER & PILATES STUDIO
425-252-1642 · 425-258-1824 Fax



women's
health

women's health

An estimated 25 million adult Americans experience problems related to chronic or transient urinary loss. Other conditions include pelvic pain, interstitial cystitis, osteoporosis, pelvic dysfunction, and pre/post pregnancy muscle weakness and pain. Our Women's Health Program consists of a comprehensive treatment plan for these conditions and may include:

- Examination of the muscles, pelvic joints, and nerves surrounding the pelvis
- Internal or external biofeedback for pain or incontinence
- Individual exercise programs appropriate to the medical needs of each patient
- Pain management and relief

all other IRG locations

KING COUNTY

EASTSIDE HAND THERAPY
425.823.1389 · 425.820.3996 Fax

HIGHLANDS PHYSICAL THERAPY / ISSAQUAH
425-686-7654 · 425-341-9041 Fax

PACIFIC HANDWORKS / BELLEVUE
425-827-5877 · 425-827-5843 Fax

PACIFIC HANDWORKS / ISSAQUAH
425-392-4206 · 425-392-4209 Fax

REDMOND RIDGE PHYSICAL THERAPY
425-836-1034 · 425-836-1037 Fax

SNOHOMISH COUNTY

ARLINGTON PHYSICAL THERAPY
360-403-8250 · 360-403-0917 Fax

EDMONDS HAND THERAPY
425-673-2673 · 425-673-2863 Fax

EVERETT PHYSICAL THERAPY & SPORTS PERFORMANCE CENTER
425-252-3908 · 425-252-7940 Fax

GRANITE FALLS PHYSICAL THERAPY
360-691-4835 · 360-691-2545 Fax

MUKILTEO PHYSICAL THERAPY
425-349-9692 · 425-349-9694 Fax

MURPHY'S CORNER PHYSICAL THERAPY / MILL CREEK
425-337-9556 · 425-357-9186 Fax

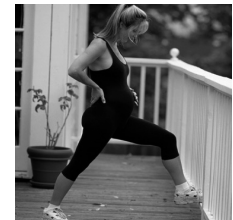
PACIFIC AVENUE HAND THERAPY / EVERETT
425-374-2846 · 425-374-3272 Fax

SILVER LAKE PHYSICAL THERAPY
425-337-3166 · 425-338-4596 Fax

SNOHOMISH PHYSICAL THERAPY
360-568-7774 · 360-568-7779 Fax



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physical
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locations

THE PROGRAM

Women's health therapy can help patients understand the causes of lumbar or hip pain occurring during or after pregnancy, urinary dysfunction, or pelvic pain. Together we can develop an appropriate treatment and exercise plan to combat these conditions. The benefits of women's health therapy include:

- Decrease or elimination of low back pain
- Abdominal muscle, toning/strengthening after birth of a baby
- Improvement or elimination of urinary incontinence

URINARY DYSFUNCTION

- An involuntary loss of urine that can affect both women and men of all ages
- Symptoms may include leaking urine when coughing, sneezing or laughing, or an overwhelming urge to urinate without warning
- It is estimated that over 25 million Americans struggle with transient or chronic urinary loss per National Association for Continence
- The typical length of treatment for incontinence is once a week for 6 to 8 weeks

PELVIC PAIN/PROLAPSE

- Pelvic pain has many causes and can affect both men and women
- It can be felt during a specific activity, or throughout the day or night
- Symptoms may include burning pain in the pelvis, painful intercourse, or pain with bowel movement
- The typical length of treatment for pelvic pain is once a week for 8 to 10 weeks

PREGNANCY AND BACK PAIN

- Symptoms include back or pelvic pain with daily activities, exercise or household tasks
- Can be felt as early as 8 weeks into pregnancy
- The typical length of treatment for pregnancy related back pain is one to two times a week for 8 to 12 weeks

"The treatment was effective, change of mind & body, and it was fun!"

—Michelle



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5029 Evergreen Way

Everett, WA 98203

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WOMEN'S HEALTH PHYSICAL THERAPIST CHRISTINA LEE, PT

- BS in Physical Therapy, University of Washington
- BS in Health Science and Human Performance, University of Anchorage
- Over 10 years of experience in clinical evaluation and treatment of women's health issues