

# VISIONS PHYSICAL THERAPY

## SPECIALIZED SERVICES



### ALL ABOUT WOMEN'S HEALTH AND WELL BEING

#### COMMON DIAGNOSIS

- *Accidental leakage of urine when coughing, sneezing, or laughing*
- *The need to urinate frequently or all of a sudden; uncontrollable urge to urinate*
- *Pain in the pelvic region*
- *Fecal incontinence*
- *Organ prolapse*
- *Pre- and Post- partum related issues including back pain, diastasis recti and sciatica*
- *Scar tissue concerns*
- *Sexual dysfunction*
- *Sacroiliac (SI) dysfunction*
- *Pubic symphysis pain*

#### TREATMENT OPTIONS

- *Pelvic floor exercises*
- *Abdominal stabilization exercises*
- *Manual therapy*
- *Relaxation techniques*
- *Postural education and functional training*
- *Electrical stimulation*
- *Ultrasound*
- *Biofeedback*
- *Bladder diary*
- *Diet and Education*

## FOUR CONVENIENT LOCATIONS

FLOWOOD CLINIC  
2475 Lakeland Dr. Suite A  
Flowood, MS 39232  
Phone: (601) 664-1022

JACKSON CLINIC  
4700 Robinson Rd Suite 650  
Jackson, MS 39204  
Phone:(601) 923-9823

CANTON CLINIC  
908 E. Peace Street  
Canton, MS 39046  
Phone: (601) 859-1707

YAZOO CLINIC  
1212 Jerry Clower Blvd  
Yazoo, MS 39194  
Phone: (662) 528-4964



TRANSPORTATION AVAILABLE

[WWW.VISIONSPT.COM](http://WWW.VISIONSPT.COM)

ALL INSURANCES ACCEPTED