

Please join us for

“Your Muscles Have Memory” Pelvic Workout

- WHAT:** An exercise class to address weakness in pelvic floor muscles
- WHO:** For women and men of all ages
- WHEN:** First Wednesday of each month, 5:30 - 6:30 pm
- WHERE:** Spinal Dynamics of Wisconsin
2300 N. Mayfair Rd, Suite 555, Wauwatosa (near Cheesecake Factory)
- RSVP:** 414-302-0770 (advanced registration required)
- COST:** \$25/session

About the class:

To work properly, bladder control muscles rely on their memory and also on “connections” within the pelvic floor area. Kegal exercises are often recommended for people experiencing urinary leaking or incontinence. These can help retrain bladder control muscles to improve bladder function.

This class goes beyond the basics of Kegals by focusing on muscles of the hips and trunk. Working with these muscles can help move pelvic floor muscles into a better position for bladder contracting. Exercises in this program are based on Gary Gray’s “Functional Chain Reaction” program of biomechanics. Additional information at www.functionaldesign.com.

Participants will learn basic anatomy, participate in exercises, and receive information about practical exercise to do at home. Those attending regularly can work with the instructor to master exercises and progress to increased levels of difficulty.

About the instructor: Linda LaBorde, PT, BCIA-PMDB

Linda LaBorde is a physical therapist (PT) with significant education and experience in treating pelvic floor dysfunction. She is one of few Milwaukee-area PTs certified in biofeedback and is active in various women’s health specialty groups. Linda is also trained in visceral mobilization techniques. Visceral mobilization addresses the tissues that anchor internal organs to one another and to the skeletal system.

Linda believes that, for some, pelvic floor and spine problems may be inter-related and require a comprehensive treatment approach. She approaches each patient with an in-depth understanding of both the spine and pelvic floor. For some patients, her focus on strength, flexibility and posture can help influence a successful outcome.

Linda has helped hundreds of men and women overcome the struggles associated with bladder control and other pelvic floor problems. Many of her patients were previously unaware of physical therapy’s value in addressing pelvic floor dysfunction. She created this class as an affordable offering, especially for those with limited access to physical therapy coverage.

Learn more about Spinal Dynamics’
approach with pelvic floor dysfunction at:
<http://www.sdwpt.com/services/pelvic-floor-dysfunction.php>

Spinal Dynamics
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