

MakovickaPTNEWS

A Quarterly Physical Therapy Newsletter for the Community.



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Pelvic Floor Dysfunction: A Core Problem

There are many misconceptions and questions surrounding the pelvic floor muscles and often these answers are not found online. The pelvic floor muscles are a group of muscles that sit like a bowl, at the bottom of the pelvis, in both men and women.

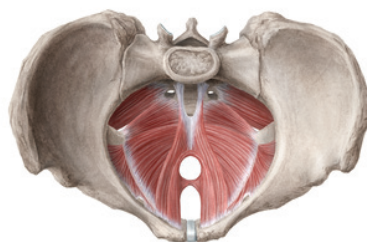
Pelvic floor muscles are an integral part of bowel and bladder function and serve a sexual role as well. These muscles are also an often-ignored part of the core.

Most think of the core muscles as the abdominals and the back muscles, however, the diaphragm (our breathing muscle) and pelvic floor muscles are just as much a part of that musculature. The core is frequently described as a corset, with the abdominals and back muscles surrounding the spine on all sides.

While this is true, the core is best thought of as a cylinder, with the top being the diaphragm the bottom being the pelvic floor, and the back and abdominal muscles comprising the sides. All of these muscles work together to support the lumbar spine.

Just like any other muscle in our body, the pelvic floor can become dysfunctional. The muscle may be weak, too tense, or there may be an improper co-contraction between it and the other core muscles. Most often, more than one, if not all, of these dysfunctions are taking place together.

In people with pelvic floor muscle problems, there are bowel, bladder, and pain implications. Whether it is incontinence, frequency, retention, pain with intimacy, constipation, or generalized pain throughout the pelvis, the pelvic floor is often to blame. Women's health physical therapists have specialized training in the comprehensive evaluation and treatment of the pelvic floor muscles.



View of the Pelvic Floor, looking down.

Did You Know?

Men have pelvic floor problems, too. The most prevalent is urinary incontinence following prostate surgery, though pelvic pain, pain and dysfunction with intimacy, and bowel dysfunctions (constipation and incontinence) are very common, as well. All of these conditions can be improved and/or resolved with pelvic-based physical therapy.

Treatment commonly begins with restoring muscles to their normal resting state, then strengthening and/or re-training the pelvic floor in various ways, all the while managing current symptoms.

Many people live with these personal and private medical conditions that negatively impact their lives. If you think you may have a pelvic floor muscle problem, ask your physician about physical therapy. It is an effective and proven step in the path to restoring your quality of life!



"Pelvic floor-related problems are often complex and require the peeling back of many layers, to locate the source of the problem, in order to determine the right treatment plan. I have had the pleasure of working with women, men, and children, ages 2-102, witnessing positive change and restoring the quality of life that many of these conditions have stripped away." – Kayla Ives PT, DPT, Millard Clinic

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Please visit our website for more information and follow us on social media.

CLINIC SPOTLIGHT:

The Millard Clinic



Our Millard clinic is conveniently located near a busy corner at 157th and Harrison Street. While road construction has been a little challenging, the past several months, many of the streets have been widened and are reopened, making travel better than ever.

Noel Wagner PT, DPT, CSCS is the clinic director. Noel has a great team that includes: Kayla Ives PT, DPT; Hannah Grazda PT, DPT and front desk extraordinaire, Heidi S.

While Kayla and Hannah are recent additions to the Makovicka staff, both bring a wealth of experience and knowledge to help our patients get on

the road to recovery and back in the game faster.

Our physical therapy services include advanced treatment techniques in Functional Dry Needling and Instrument Assisted Soft Tissue Mobilization (Graston™ Technique).

Whether you've been referred by your physician, friend or family member you will be treated with the utmost respect and expertise. That's the Makovicka promise! Find out for yourself. Call 402-933-5448 to make an appointment or speak to one of our experts.

**Clinic hours are 7 a.m. to 6 p.m.
Monday through Friday.**

Our Newest Staff Members

CHRISTOPHER STULL PT, DPT • West Maple Clinic



Christopher was born in Kansas City, Kansas and raised in McCook, Nebraska. He attended University of Nebraska in Lincoln and received a bachelors degree in Education and Human Sciences. He then moved to Des Moines, Iowa and attended Des Moines University where he earned his doctorate of physical therapy. Christopher is a member of both the APTA and the NPPTA

EDWIN MENDOZA PTA



Edwin is a Certified Physical Therapist Assistant, and a familiar face you may see at many of our clinics. He had worked as a Tech, and floats to our various locations as needed. Edwin was born and raised in Omaha, attending Bellevue West High School. He earned his Physical Therapist Assistant degree at Clarkson College, and loves the flexibility of working at Makovicka Physical Therapy. In his spare time, he enjoys exercising and playing video games.

In The Community

**FALL WAS BUSY, AND
THE MAKOVICKA STAFF
WAS OUT IN FORCE.**



Trunk or Treat- Lincoln



Makovicka Cares! Check Presentation



Chamber Open House—Wahoo



Workers Comp Symposium



Corporate Cup Walk/Run



2018 Halloween Costume Winners - Papillion

Clinic Move and Expansion

On November 1st, we cut the ribbon on our newest clinic location, which was a move to an expanded space at 4235 North 90th Street. We are able to serve more patients, efficiently and comfortably. With the addition of turf in the clinic, we are better able to rehabilitate athletes to their top condition.



Here's What Our Patients Are Saying...

WEST OMAHA/ELKHORN:

"What amazing staff and service. From the front office, Techs, Interns and Physical Therapists--everyone is involved with providing top notch care. Helping patients recover is evident in how well they are treated. I am grateful I was referred to be a patient at your facility. Thank you."
– Renee G.

70TH AND L STREET, LINCOLN:

"Every single team member here is friendly and really cares about you as both a patient and a person. Personalized care, knowledgeable staff, great location. Highly recommend!" – Morgan H.

VALLEY

"Though every visit pushes me and my knee to the limit, the whole team is fun to be around during my visits. Their hours of operation are great for my work schedule too." – J.O.

PAPILLION

"Due to a recent surgery, I needed to find a good Physical Therapist and chose Makovicka based upon other user reviews. I am impressed with their knowledge, care, and fun environment. Everyone there seems to enjoy their work. I highly recommend Makovicka Physical Therapy!" – Sam P.

Makovicka Honors and Recognition

Makovicka Physical Therapy is proud to have recently received several honors and recognition, including: the 2018 Integrity Award from the Better Business Bureau in Omaha; Natalie Harms PT, DPT, GCS being recognized as outgoing Treasurer of the Federation of State Boards of Physical Therapy; Winning first place in the Best of Omaha in our category, and even our team winning the Lincoln Recreational Softball League.



Partnership With The Lincoln Jr. Stars

Makovicka Physical Therapy recently partnered with the Lincoln Junior Stars to provide an Athletic Trainer before practices and games. Ice hockey athletes have requirements for strength, speed, flexibility and endurance that are unique to the sport and vary between positions. Makovicka Physical Therapy Athletic Trainers have the expertise to help keep the players in the game and physically ready to play.



Convenient Locations Close to Your Home and Where You Work.

OMAHA LOCATIONS

North 90th Street	90th & Boyd	402.934.0045
Aksarben	63rd & Center	402.884.7453
Bellevue	Cornhusker & Fort Crook	402.614.4300
West Maple	168th & Maple	402.502.2290
Midtown Crossing	32nd & Farnam	402.932.9300
Millard	157th & Harrison	402.933.5448
West Omaha /Elkhorn	178th & Pacific	402.933.3036
Papillion	72nd & Giles	402.991.2745

LINCOLN LOCATIONS

West Pine Lake	25th & Pine Lake	402.420.4545
University Place	48th & Huntington	402.325.6341
70th & L	333 South 70th	531-500-4160
Waverly	Cornhusker Hwy & Guildford	402.786.0476

SURROUNDING AREAS

Valley	N. Spruce & W. Church	402.934.3345
Wahoo	W. 15th & N. Locust	402.443.4555
Yutan	2nd & Vine	402.625.2030

Stop By and See One Of Our Specialists Today!

Please visit our website for more information and follow us on:



P.O. Box 34669
Omaha, NE 68134

Every Day is Game Day.