

# Therapists



Emily Pace



Amanda Carden-McKinley



Kayla Beets

# Locations

Our Pelvic Health Program is  
Offered at These 3 Locations

## **NORTH KNOXVILLE**

4905 North Broadway  
Knoxville, TN 37918

P: (865) 689-8299

F: (865) 689-9804

north@easttnspinesport.com

## **WEST KNOXVILLE**

7240 Kingston Pike, Suite 160  
Knoxville, TN 37919

P: (865) 691-5020

F: (865) 691-5009

west@easttnspinesport.com

## **OAK RIDGE**

142 Fairbanks Road, Suite 150  
Oak Ridge, TN 37830

P: (865) 888-5431

F: (865) 888-5432

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## Postpartum Pelvic Pillars



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## Postpartum Pelvic Pillars

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### Pillar 1

Strengthen & Return to Function

Minimize symptoms of:

- Urinary and fecal incontinence
  - Core weakness
  - Heaviness or pressure

### Pillar 2

Body Mechanics

- Ways to minimize repetitive stress on the back and pelvic floor muscles
- How to complete childcare activities without pain
- How to decrease stress on healing tissues

### Pillar 3

Self Care

- Resources for stress management
- Signals to watch for postpartum depression
- Just because you CAN does not mean you SHOULD

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## Patient Testimonial

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“I learned to live with issues I assumed were normal. I had a weak bladder and dealt with leakage for nearly three years as it progressively became worse. A lot of sneezing would be disastrous to me, and I lost sleep due to constantly feeling the need to run to the restroom, sometimes making up to 2 or 3 potty visits per night.

I had two vaginal deliveries, so I assumed what I was experiencing was normal. Ladies, this is not normal. You can get help. You can go on road trips without the fear of not stopping at a restroom. You can sneeze in public again. You can pass a bathroom door without saying, “I better go just in case.”

I can say after 6 short visits with my therapist, Amanda, I am sleeping through the night and not emptying my bladder, “just in case.” You will reap the benefits from pelvic floor physical therapy.”

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## What Should I Expect?

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### Privacy

to allow you to discuss your past medical history, current symptoms, and concerns about symptoms

### Education

about what symptoms can occur if there is a problem as you return to normal household activities, work duties, exercise, and intercourse

### Assessment

of your core and pelvic floor muscles as well as the joints that surround them to ensure proper function

### Personalized

treatment approach to help you return to your pre-pregnancy level of function