

Through The Life Cycle
Offers Specialized Evaluation
And Personal Treatment Plans
For Better Pelvic Health.

It might surprise you that millions of American men suffer from pain, discomfort and even embarrassment of common medical conditions between your lower waist and hips, often without seeking treatment. Yet many discrete options are available to help with incontinence, bladder or bowel issues, erectile or ejaculation problems, or lower back pain.

Through the Life Cycle at Rascal Creek Physical Therapy offers relief of your unique conditions with a specific treatment plan that best fits your needs and lifestyle.



TLC offers specialized physical therapy evaluation and one-on-one treatment in a private and compassionate manner to meet functional goals and provide life care strategies for any age.

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Rascal Creek Physical Therapy

Rascal Creek physical therapists can treat all of your orthopedic issues from spinal conditions, joint replacements, sport and work related injuries, joint pain, muscle weakness, pelvic health, balance disorders, dizziness, vestibular/vertigo and sport-specific rehabilitation.

Stay In The Game.

Pelvic Health Specialist
Heidi Hernandez, PT, DPT



Incontinence

Involuntary leakage of urine, stool or gas

Ever dribbled urine inside your pants or felt the urge to urinate when there's pressure in your abdominal or pelvic area? It happens to millions of men every day. There are often medical reasons for unintended leakage, and there are proven ways to help get you back in the game.

Constipation

Difficult elimination

Constipation is one of the most common gastrointestinal complaints. Whether it's from surgery, muscle control issues, trauma, genetics, medication or a change in your life, diet or routine, you can improve this painful condition without using medications.

Pelvic Pain Syndrome

From the pubic bone to tailbone

The muscles that form a sling from the pubic bone to the tailbone can be injured or strained and cause intermittent or chronic pains in your lower back, penis, rectum, tailbone, thigh or lower abdomen. Common conditions include pelvic pain, bladder and bowel problems, painful or incomplete urination, and discomfort during or after ejaculation. A few sessions at TLC can noticeably help you feel better.



Surgery Recovery

Prostate, hernia and other surgeries

Surgeries that cut through abdominal or pelvic tissue require special rehabilitation of muscles, connective tissues, bones and organs. TLC provides the best possible post-operative care to help you get your swing and swagger back.

Anorectal Pain

Discomfort around anus, rectum

Discomfort in your sensitive anorectal area can be from localized issues such as muscle spasms, hemorrhoids or skin irritations, but pain may also originate in organs, pelvic bones, the spine, or even your lower extremities. We identify the source and treat to get results.

Painful Tailbone/Coccydinia

Pain while standing, moving or sitting

The vertebrae at the end of your spine have numerous ligament and muscular attachments that can be injured and cause excruciating pain when you sit or stand or move in certain ways. Most cases respond well to proper intervention.

Nerve Entrapment/Neuralgia

Burning, radiating pelvic pain

Any swelling of tissue that compresses the nerve connected to your pelvic areas can cause a number of issues from burning and aching around the penis and scrotum to bowel dysfunction. Proper action can help to reduce pain and other debilitating symptoms.



Treatments that give you comfort.

TLC offers confidential, therapeutic treatments for your pelvic region to help you get back in the swing of things.

- Muscle re-education, coordination, relaxation
- Therapeutic and relaxation exercises
- Spinal and pelvic realignment, postural education
- Sensory retraining
- Biofeedback / surface electromyography (EMG)
- Patient education and instruction of self care strategies
- Bladder or Bowel retraining and behavioral interventions
- Manual therapy techniques/ myofascial release
- Functional retraining
- Electrical stimulation

