



The Rehabilitation Institute of St. Louis, A Partnership of BJC HealthCare and HealthSouth WOMEN'S HEALTH PROGRAM

The Women's Health Program at The Rehabilitation Institute of St. Louis is designed to address the multifaceted issues women face.

We offer a variety of outpatient programs and services designed around these unique issues including:

- Incontinence
- Muscle weakness
- Musculoskeletal problems
- Nerve compression syndromes
- Osteoporosis
- Pelvic pain
- Postsurgical treatment
- Pregnancy and postpartum

Additional Programs

- Aquatics
- Postural alignment training
- Soft tissue mobilization
- Therapeutic exercises
- Wellness

Osteoporosis

Physical therapy treatment for osteoporosis may include:

- Assessment of risk factors that could cause falls
- Exercise and activity guidelines
- Instruction in proper body mechanics
- Pain management modalities
- Postural instruction
- Supportive devices

Treatment Goals

Physical therapy goals for osteoporosis patients may include to improve:

- Balance
- Coordination
- Joint range of motion
- Muscular endurance
- Muscular strength
- Overall functional activities of daily living
- Soft tissue flexibility



Contact US

For more information on our Women's Health Program, please call us at 314 658-3860.

A Higher Level of Care

The
Rehabilitation Institute
OF ST. LOUIS

A Partnership of **BJC** HealthCare and **HEALTHSOUTH**.

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