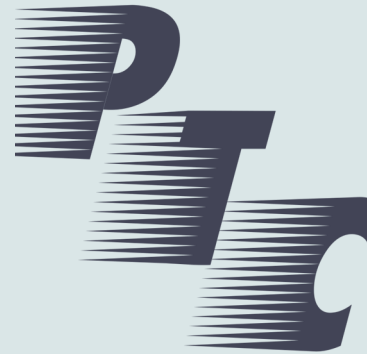


***PTC'S Pelvic Health
Therapist***



Morgan Toensing, PT, DPT, PCES
mtoensingptc@gmail.com

Morgan grew up in small-town Nebraska and graduated from Concordia University, Nebraska in 2015 with a Bachelor of Science degree in Exercise Science. She then received her Doctorate in Physical Therapy from Rockhurst University in 2018. Morgan joined the PTC family in August 2018 and since then has received further training in functional dry needling, myofascial release, and pelvic health. She is passionate about helping women with pelvic floor dysfunction and is also certified as a Pregnancy and Postpartum Corrective Exercise Specialist through Sarah Duvall.



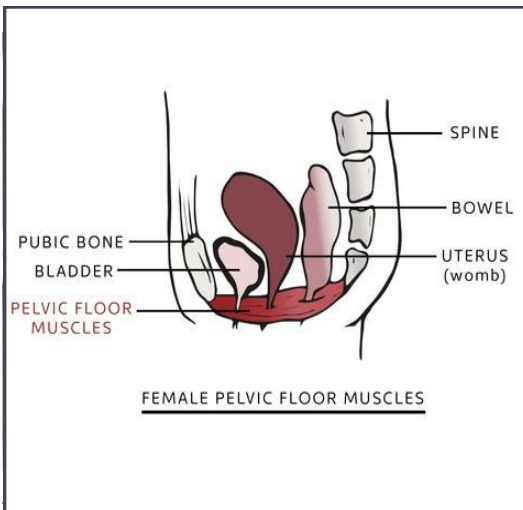
**Pelvic Floor
Physical
Therapy**
For Women



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Pelvic Floor Physical Therapy For Women

The pelvic floor is made up of muscles that control the flow of urine and bowel movements, support internal organs, and provide stability to the pelvis and low back.

Problems with pelvic floor muscle function can lead to a variety of issues, including pain and issues with urinary and bowel function.

Our pelvic floor physical therapist is specially trained in treating the pelvic floor muscles to address these issues.

Please don't hesitate to reach out to see if pelvic floor therapy would be an option for you!

PATIENTS MAY BENEFIT FROM PHYSICAL THERAPY IF THEY ARE EXPERIENCING . . .

- Leaking of urine or feces
- Constipation, difficulty emptying bowels, or difficulty initiating urination
- Pain with intercourse or pelvic exams
- Pain in the abdomen, tailbone, or genital area
- A “falling out” or “heaviness” feeling
- Unresolved low back or hip pain
- Diastasis recti (separation of the abdominal muscles)
- Pain or discomfort during pregnancy or want to prepare for labor/delivery
- Abdominal pain after C-section (4-6 weeks)
- Pain or discomfort postpartum

TREATMENT MAY INCLUDE . . .

- Education and behavioral modifications
- Exercise (hip and core strengthening)
- Postural education and functional training
- Pelvic floor exercises
- Relaxation techniques
- Manual therapy (trigger point , myofascial release, scar tissue mobilization, functional dry needling, etc.)

WHAT PATIENTS ARE SAYING...

“The thought of pelvic floor therapy was scary because it’s such an embarrassing topic for me, but Morgan made it so easy to open up. She is kind, empathetic, professional, and easy to talk to. Nothing was off the table and now my life doesn’t revolve around finding the nearest restroom. Never thought I’d have a sense of normalcy again.”

–24-year-old female w/ pain with intercourse, urgency, frequency

“After starting pelvic floor therapy, my pelvic pain has decreased to practically nothing. Morgan really helped me feel ready for labor and delivery and just helped me navigate pregnancy pains. 10/10 would recommend her for pregnancy!”

–30-year-old pregnant female

“My therapist, Morgan, was awesome in explaining all about pelvic therapy and had lots of patience with me asking questions. She always knew what to do when I mentioned I had issues with my body and how to handle the issues. She always knew how to treat the problem. She’s amazing. I felt very comfortable with her. Morgan rocks! I recommend PTC 100%.”

–71-year-old female with urinary leakage and low back pain

We understand the personal and private nature of these issues. Professional and sensitive care in a private room will be provided. You are encouraged to bring a friend or loved one to your appointment if this will make you more comfortable.