



Research shows that pelvic floor muscle rehab can produce a 73 percent cure rate and 97 percent improvement rate for women with stress urinary incontinence. Innovate Physical Therapy can help individuals strengthen pelvic muscles to gain bladder control and reduce the need for protective garments, medication and possibly surgery.

## Common Diagnoses Treated:

- Incontinence
- Urinary Urgency
- Low Back Pain
- Hip Pain
- SIJ Dysfunction
- Cystocele
- Rectocele

## Individualized Therapy Services May Include:

- Pelvic Floor Evaluation
- Manual Therapy
- Biofeedback and Electrical
- Stimulation
- Home Exercise and Education
- Strengthening and Retraining
- Pelvic Floor Muscles



### Jenifer Johnson, DPT

Jenifer has extensive post-graduate training to treat women's health conditions, including incontinence, pregnancy/postpartum issues and osteoporosis, and has been providing women's health therapy since 2011. She received her doctorate in physical therapy from the University of Nebraska Medical Center in 2009 and also specializes in treating orthopedic and neurological conditions.



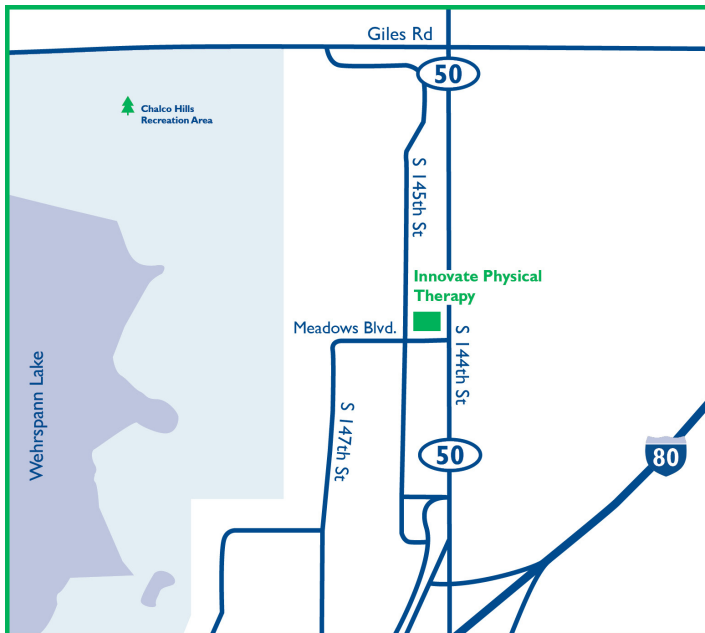
**\* BELLEVUE:**

**1804 Hillcrest Drive,  
Bellevue**

Fax: (402) 682-4256

Located just behind Hillcrest Health Services at the corner of Harlan Drive (Hwy 370).

**For directions, call (402) 682-4210.**



**CHALCO HILLS:**

**14450 Meadows Blvd., Suite 4,  
Omaha**

Fax: (402) 682-4256

Located at the corner of 144th Street and Meadows Blvd.

**For directions, call (402) 682-6593.**

*\*Women's health therapy is only provided at the Bellevue clinic.*