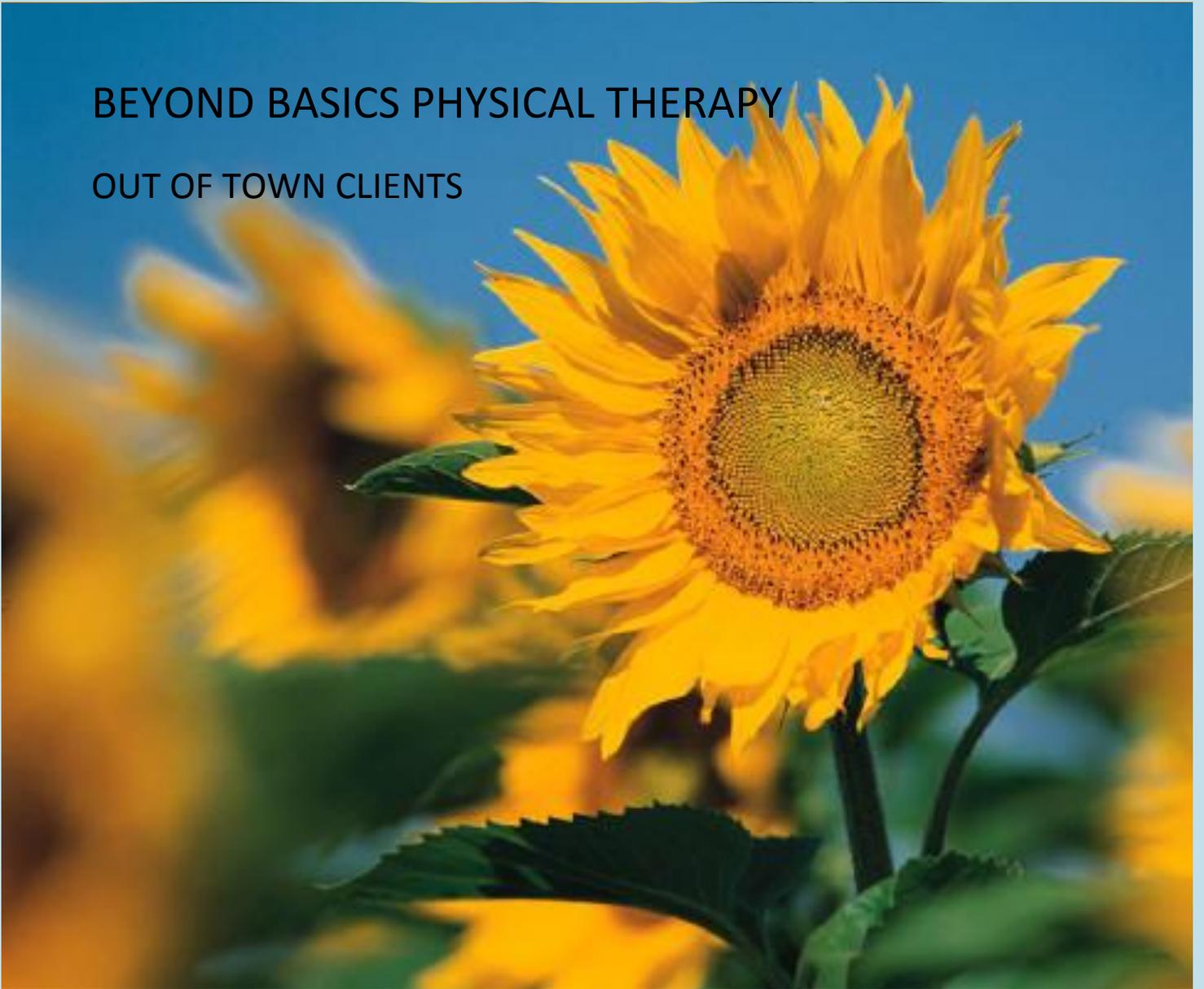


BEYOND BASICS PHYSICAL THERAPY

OUT OF TOWN CLIENTS



A holistic approach to physical therapy for out of town clients. Our goal is your independence with your home program and plan of care when you leave our clinic. In this booklet you will find resources to help you plan your trip and get the most out of your visit. We look forward to helping you.

OUT OF TOWN PATIENTS

We offer high quality and individualized treatment consisting of a series of daily sessions beginning with a 2 ½ hour initial evaluation and 1 ½ to 2 hour follow up appointments for 4 to 8 weeks. We have also adjusted the length of time for those that cannot stay for that length of time. In order to maintain our high standard of care, Beyond Basics Physical Therapy is an out-of-network provider for all insurance companies.

We would like you to continue treatment on a regular basis with a physical therapist in your area that has experience with pelvic pain and pelvic floor dysfunction. If you are unable to find someone in your area, we recommend that you return to us for a re-evaluation and treatment once a month for a couple months, depending on the severity of your symptoms. However, we realize that this may be difficult, so we will do our best to give you as many tools to work on at home as possible.

What you will gain

- a proper and extensive musculoskeletal evaluation
- treatment sessions that will get you started towards your healing process
- a comprehensive home program specific to our findings and to *your* needs:
- Examples of treatment techniques utilized: relaxation techniques, massage therapies (myofascial trigger point

release, connective tissue mobilization, visceral manipulation), stretches, strengthening exercises, biofeedback and electric stimulation.

NOTE: We recommend that you come, with a friend or a significant other, who can help you with your home program.

Please call our office manager, for insurance and billing information, at 212-354-2622.

INTEGRATIVE THERAPIES

We have also put together a list of possible other interventions that you may want to pursue during your stay in New York City. Some services are in our office and some are just a short subway or cab ride away.

Modalities include:

- Acupuncture
- Craniosacral Therapy
- Mental Health Services
- Nutrition
- Pilates
- Visceral Mobilization
- Yoga

ACUPUNCTURE

Paula Haberman: 646-465-1637 (services provided at Beyond Basics)

Paula Haberman, MS, PT. L.Ac, holds a physical therapy degree from New York University and a degree in Acupuncture from Tri-State College of Acupuncture, NY. She has been part of the Beyond Basics team for 5 years, specializing in all aspects of pelvic floor dysfunction and the various symptomologies that accompany the disorder. She also specializes in orthopedic disorders treating musculoskeletal, postural, sports and dance injuries. Previously she was part of the faculty at Pacific college of Oriental Medicine, NYC both teaching acupuncture orthopedics and supervising in the student clinic. She is a member of the NCCAOM (National Certification Commission of Acupuncture and Oriental Medicine) and an approved provider of continuing classes through the NCCAOM, and the FL, TX and CA acupuncture boards. Website: www.acupuncture-et-al.com

Acupuncture is an important and integral part of a comprehensive pelvic rehab program and serves a variety of purposes. It can be utilized to treat urinary burning, frequency or urgency, constipation, diarrhea or alternating bowel changes and works harmoniously with physical therapy to both support treatment and speed up the rehabilitation process.

Acupuncture facilitates the deep release of trigger points in the muscles that contribute to pelvic pain as well as the muscles that overlie and

affect the nerves that are responsible for referring pain to both the internal and external genitals, to the bladder, urethra and anal area.

Acupuncture can be used both for a weak or tight pelvic floor to either promote relaxation of the tissue or facilitate muscle recruitment. There are also various acupuncture points on the body that help calm and dissipate genital, pelvic and nerve pain.

Acupuncture is very effective in the treatment of scar tissue. It helps minimize any pain or numbness and breaks up the tension and abnormal muscle pull created by scar tissue. Over time, it can help reduce the redness the discoloration.

Acupuncture relaxes and calms sympathetic nervous system, thus relieving anxiety, depression, sensitivity to touch, stress, and insomnia. Acupuncture facilitates the release of endorphins, the body's natural pain relieving hormones, creating a sense of well being and uplifted spirit. Acupuncture also helps with the musculoskeletal alignment and structural asymmetries that may be contributing to the pelvic pain and dysfunction.

For more information please visit <http://acupuncture-et-al.com/privatepractice.html>

CRANIOSACRAL THERAPY

What is craniosacral therapy?

Craniosacral therapy is a gentle hands on manual therapy used to evaluate and treat restrictions along the craniosacral system. The rhythm of cerebrospinal fluid, which cushions the spinal cord and brain, is assessed. Changes in amplitude and frequency are monitored. This modality is very soothing and calming to the nervous system. Our physical therapists have trained with The Upledger Institute (<http://upledger.com>).

Why is craniosacral therapy helpful for people with chronic pelvic pain?

The autonomic nervous system consists of the sympathetic nervous system (fight or flight) and the parasympathetic nervous system (rest and digest). For people suffering from chronic pelvic pain these two systems are often out of balance. Craniosacral therapy works with the nervous system to encourage the parasympathetic response allowing access to deep relaxation.

Who performs this type of therapy?

We have physical therapists on staff specifically trained in these techniques. Please let us know if you would like to reserve a session by calling 212-354-2622.

MENTAL HEALTH SERVICES

Rachel Bilgrei, Psy.D.

212-255-3454

Rachel Bilgrei, Psy.D. is a clinical psychologist specializing in treating chronic pain, and specifically pelvic floor dysfunction. Dr. Bilgrei emphasizes the mind-body interaction and takes an integrated approach to treatment. Individual counseling sessions are tailored to meet each individual's needs and often incorporate education (identifying common psychological responses associated with pelvic pain), support (normalization, validation) as well as stress management (relaxation techniques, cognitive-behavioral strategies).

Services are directed towards managing the emotional and behavioral changes associated with pelvic pain. Treatment includes:

- Increasing knowledge to enhance understanding of symptoms, as well as everyday functioning and activities.
- Promoting awareness.
- Normalizing feelings and reactions.
- Validating experiences.
- Restoring a sense of control.
- Addressing how to educate family and friends.
- Decreasing psychological symptoms (anxiety, depression) in order to maximize physical recovery. Stress management techniques are emphasized.
- Learning cognitive-behavioral strategies.

The goals of treatment include:

- Symptom reduction (e.g. pain exacerbated by stress and anxiety).
- Improved understanding of relationship between psychological factors and physical health.
- Improved interpersonal and social functioning.
- Improved health maintenance behaviors (e.g. diet, exercise, sleep habits, medical follow-up).
- Improved quality of life.

NUTRITION

Amy Shapiro MS, RD, CDN
16 W 23rd Street, 4th Floor, NY, NY 10010
646-269-8205

Amy Shapiro, MS, RD, CDN, is the founder and director of Real Nutrition NYC, a Manhattan-based private practice dedicated to healthfully and successfully guiding clients to their optimal nutrition, weight, and overall wellness. She has cultivated a local and national clientele for her lifestyle-minded approach, which integrates whole foods, realistic food plans, and smart eating habits based on the individual's daily routine and food preferences. She believes that through encouragement, education and the right tricks of the trade, anyone can achieve their nutritional goals while still enjoying the foods and flavors they crave.

Amy is an active member of the American Dietetic Association, The Greater New York Dietetic Association, and the Weight Management, Nutrition Entrepreneurs, Vegetarian Nutrition and Dietitians in Integrative Functional Medicine Dietetic Practice Groups.

Prior to founding Real Nutrition NYC in 2009, Amy collaborated with Manhattan's most prestigious private and clinical practices. She received her Registered Dietitian licensure and Masters in Clinical Nutrition from New York University, and completed her dietetic internship at Montefiore Medical Center—subsequently joining their nutrition team as a Clinical Dietitian.

What you can expect to achieve from working with Amy during your visit:

- Review and analysis of your current diet/food intake
- Food recommendations to alleviate symptoms at your very first session
- Easy recipes/meal plans to reduce inflammation, pain, constipation and to eliminate symptoms in the future
- Education on how to maintain results after returning home
- Email and text support in-between sessions
- Menu reviews to ensure healthy eating even when ordering in/dining out
- All food recommendations tailored to your personal food preferences and lifestyle

PILATES

Pilates is a form of body conditioning, strengthening, and fitness developed in the early 20th century by Joseph Pilates. Pilates exercise can change the way your body looks, feels, and performs. It builds strong, lean muscles, strengthens without excess bulk creating a toned body. Pilates improves body awareness, posture, and movement ease and efficiency; it strengthens the core while increasing flexibility and length in muscles. If done safely and correctly, it can help alleviate and prevent back, neck and other musculoskeletal pain. Dancers have been using Pilates for body conditioning, strengthening, flexibility, and injury prevention for decades.

Beyond Basics Pilates focuses on good core stabilization with the purpose of decreasing symptoms of pelvic floor dysfunction. It is done without increasing or flaring-up pelvic floor dysfunction symptoms through the balance of either more or less pelvic muscle recruitment. This is achieved with the physical therapist's knowledge and expertise of the pelvic muscles.

Pilates may not be appropriate for you when you first start treatment, but your physical therapist will be able to let you know when it will be appropriate to start a Pilates program. Our physical therapist Dania Kafka has undergone extensive training bringing the world of pelvic floor dysfunction together with Pilates.

VISCERAL MOBILIZATION

What is visceral mobilization?

Visceral mobilization is a gentle hands on manual therapy used to help restore the body to optimal alignment and function. The viscera, or organs, should be able to slide and glide freely around all surrounding structures. Fascia is connective tissue that supports the muscles, nerves, blood vessels, and organs in our body. The fascial connections between the organs should allow for normal movement. Clinicians trained in visceral mobilization techniques can work delicately to free adhesions (restrictions in the tissue) and facilitate normal movement and function of the abdominal and pelvic organs.

Why is visceral mobilization helpful for people with pelvic floor dysfunction?

After any type of injury, infection, or surgery, the body can form adhesions. Often these bridges of tissue are not painful, but adhesions can decrease tissue mobility, interfering with the optimal function of the intestines, bladder, prostate, and uterus. Physical therapists train in techniques to address the fascial connections in the pelvis, abdomen, and entire body.

Who performs this type of therapy?

We have physical therapists on staff specifically trained in these techniques. Please let us know if you would like to reserve a session by calling 212-354-2622.

YOGA

Yoga is the union of body, mind, and spirit. Breath is the medium that weaves them together. The practice of pranayama, or breath control, provides an awareness of your breath and carries over into your daily life. Deep diaphragmatic breathing is an efficient and almost instant tool to decrease tension in the body. The heart rate decreases and breathing slows. The pelvic muscles passively elongate with each diaphragmatic inhale as a result of intraabdominal pressure.

People experiencing chronic pelvic pain, back pain, or abdominal pain often expect pain with movement because of prior memories stored in the body. They could become fearful of movement associated with day to day life. The nervous system can be retrained to experience movement in a pain free way. People can reconnect and reprogram to expect pleasure and joy to be a consistent byproduct of movement.

Yoga promotes self awareness. It cultivates an understanding of what your body craves and where the limits are. As your practice deepens, you may find yourself spontaneously taking on a yoga posture because your body “needs it”. Explore the edge of what is appropriate and fine tune a new boundary of expansion.

Yoga classes and private sessions are held here with our physical therapist Dustienne Miller and yoga teacher Anne Taylor. Your physical therapist will help guide you to when it is appropriate to begin in class or if you would be better suited for a private session.

Where to stay

- www.airbnb.com has some great discounts on apartments that you can rent for a couple nights to a couple months. We have had great feedback about the apartments and the prices.
- Maija Groden can personally help you to find a hotel.

The Tzell Travel Group: www.tzell.com

401-245-7327 home office, 401-440-1514 cell,

212-944-2121 ext 2882 NYC office

Getting around the city

Subway and bus maps: <http://mta.info>

General walking rule is one minute per north/south block and two minutes per east/west block. It might take longer because of the people traffic on the sidewalks.

We are looking forward to helping you on your healing journey and look forward to meeting you.

Sincerely,

Amy Stein and the staff of Beyond Basics Physical Therapy