



THE PELVIC FIXX

A Kinetic Physical Therapy Company

At The Pelvic Fixx, our program for Pelvic Health offers a variety of treatments for both men and women who suffer from pelvic floor conditions. Our certified women's health physical therapists will work with you in a private setting to determine the best treatment options for your condition, empower you to take back control of your life, and help you reach goals you never thought you could reach.

About Your PT

Heather Brooks has been a Physical Therapist for 20 years. She received her Masters of Physical Therapy from The University of Texas Medical Branch in Galveston in 2002 and her Certification in Women's Health Physical Therapy in 2012. She is passionate about pelvic floor issues and her and her team of PTs and PTAs want to be the "Provider of choice for pelvic health concerns in the East Texas area."

What to Expect on First Visit

On the initial physical therapy visit, a comprehensive history will be taken depending on your diagnosis, complaints, and symptoms. An internal assessment of the pelvic floor may be performed with an intra-vaginal or digital rectal exam. For pregnant and post-partum conditions, an external or internal assessment will be performed of the abdominal and vaginal area. After completing the assessment, your therapist will discuss the findings and determine a treatment plan that works for you. Treatment sessions are performed with the highest level of individualized care, in a private one-on-one setting to make you feel as comfortable as possible.

*THANK YOU FOR CHOOSING US FOR YOUR PELVIC HEALTH NEEDS!
IF YOU HAVE ANY QUESTIONS, PLEASE DON'T HESITATE TO CALL.*

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Gilmer: 903-402-1052

Tyler: 903-717-8966

Fax: 888-335-2090

405 E. Marshall Ave
Gilmer, TX 75644

www.kineticphysicaltherapy.net

625 Chase Dr. Suite 101
Tyler, TX 75701