



OUR VISION OF PHYSICAL THERAPY

Since 1998, Bauman Physical Therapy & Wellness has been dedicated to ensuring exceptional care in a dynamic environment. From the moment your evaluation begins, you'll feel confident you are under the care of knowledgeable, experienced, skilled manual therapists.

One On One

Our one-client-to-one-therapist treatment ratio produces the most effective results. Our staff size allows us to devote 100% attention to your progress.

You're In Charge

We recognize that, ultimately, each woman is in charge of improving her own physical health and wellness. Each member of our well-respected staff is eager to help you achieve your goals.

women's
health

Bauman
physical therapy & wellness

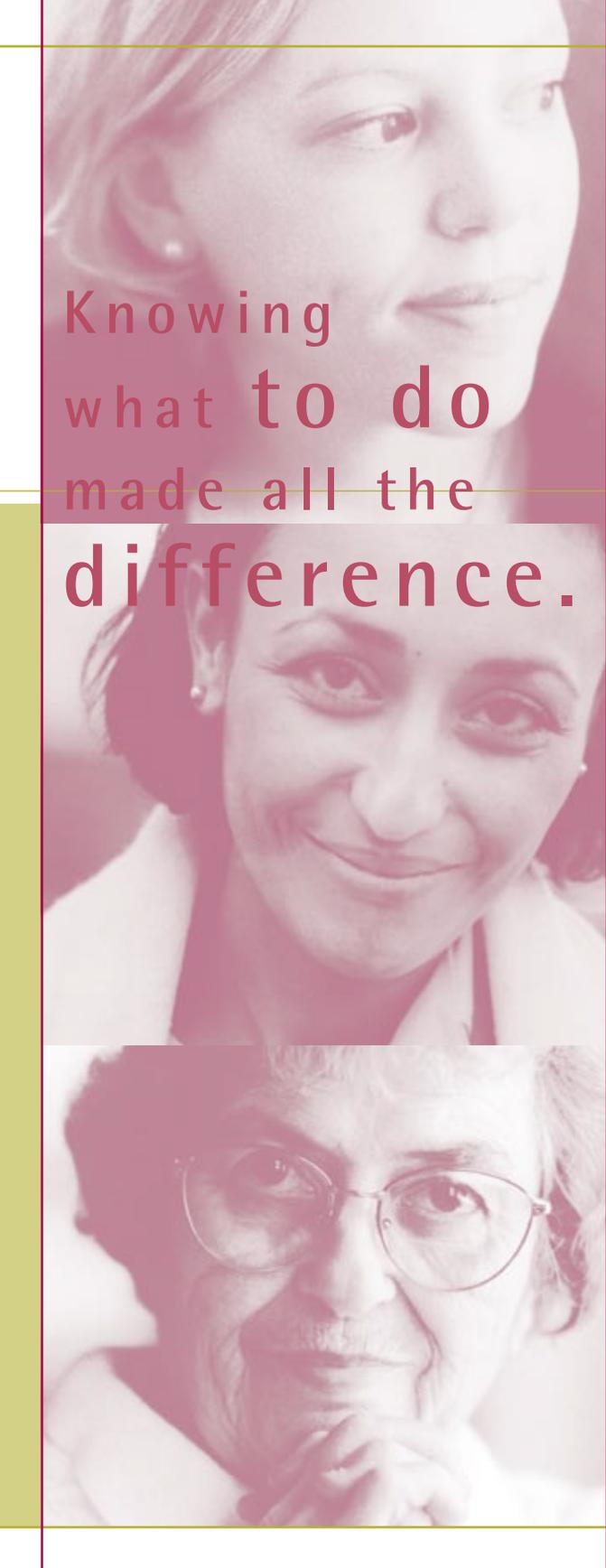
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Bauman
physical therapy & wellness



Knowing
what to do
made all the
difference.



Women's bodies are works of wonder: sensitive enough to bear and nurture new life, yet strong enough to endure life-long transformation.

The professionals at Bauman Physical Therapy understand this. We specialize in manual therapy and wellness services uniquely tailored to women's needs.

An Integrated, Holistic Approach.

Following a complete evaluation, a Bauman physical therapist will create a dynamic treatment program that considers your overall health – not just your current condition.

We believe that taking care of yourself over the long-term is the key to maintaining successful physical therapy results. It's an integrated, holistic approach to health and wellness, designed by and for women.

We specialize in treating the following conditions:

- **DYSMENORRHEA** Painful menstruation, with bloating and/ or low back pain.
Therapy: Postural and therapeutic exercises; manual therapy; TENS (transcutaneous electronic nerve stimulation); biofeedback treatments.
 - **FIBROMYALGIA (FIBROSITIS)** Chronic, widespread pain in muscles and tissue surrounding joints. Most common in neck, spine, shoulders, hips.
Other Symptoms: Sleep disturbances, fatigue, morning stiffness, irritable bowel syndrome, deconditioning, mental impairment.
Therapy: Stretching and strengthening exercises; manual therapy; heat and cold modalities; instruction in proper body mechanics during daily activities.
 - **INCONTINENCE** Loss of bladder or bowel control.
Therapy: Exercises to strengthen pelvic floor muscles; electrical stimulation; biofeedback.
 - **PREGNANCY RELATED PAIN** Orthopedic; Pregnancy with pain or aches in back, shoulder blades, rib cage, groin or wrists.
Risks of Dysfunction: Possible injury during pregnancy; orthopedic problems that begin or persist following pregnancy.
Therapy: Maternity supports; manual therapy; strengthening, retraining and/or endurance exercises; relaxation techniques; post-delivery rehabilitation.
 - **OSTEOPOROSIS** Thin, brittle bones that break easily.
Therapy: Instruction in proper body mechanics; exercise; fitting of braces or orthotics; moist heat and/or electrical stimulation treatments; ultrasound; vibration.
 - **PELVIC FLOOR TENSION/PAIN** Tension or pain in the sling of muscles supporting the bladder, uterus and rectum.
Other Symptoms: Difficulty sitting; pain during intercourse; pain in hips or lower abdomen.
Therapy: Pelvic floor relaxation training; manual therapy; bio-feedback; therapeutic exercise.
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