



**Comprehensive  
Women's Health Physical  
Therapy**  
*at the Wellness Center*

Rehab Services at the Wellness Center is pleased to introduce a physical therapy program tailored to women's health needs. Our comprehensive services provide treatment options for women of all ages.

We offer proven treatments and therapies for some of the most common but least talked about physical conditions women may experience – you no longer have to live without help for these issues affecting your personal health.

This personalized program addresses a variety of women's health issues, including:

- Pelvic floor dysfunction including incontinence and pelvic pain
- Pre- and post-partum issues including diastasis recti and back pain
- Osteoporosis care and fracture prevention
- Post breast cancer recovery and survivorship

Women with these health concerns often experience musculoskeletal dysfunction. Our physical therapists assess each patient with a complete evaluation, then create an individualized treatment plan with specialized strategies.

Our women's health clinicians include:

- Kathy Bloemker, PT, MSPT
- Lisa Hellbusch, PT, DPT
- Deirdre Schoenfelder, PT, DPT

**Help is available now.**



**REHAB SERVICES**  
at the Wellness Center  
*Physical, Occupational & Speech Therapy*

3912 38th St, Suite A | Columbus, NE 68601

**Call 402-562-3333**

**Fax new patient referrals  
or records to 402-562-3334.**

[columbushosp.org](http://columbushosp.org)