

A wellness program from Desert PT is the perfect gift of health for you or a loved one. We invite you to be a proactive participant in your healthcare. Whether you are experiencing little things that just aren't right or major difficulties, we can get you on the path to wellness. Now is the time to take care of you and enjoy the benefits for years to come.

The "Staying dry" Contenance Program

Over 45 years of experience in keeping your panties dry!

- Tinkle when you sneeze, dribble when you jump, can't get to the bathroom fast enough? We will take you beyond the basic Kegel exercises to keep your bladder happy and your panties dry.
- Learn proper techniques for strong pelvic floor and core musculature.
- Recommended Minimum Visits: 1-3*

The "Great Sex" Program

Turning "Not tonight" into "Rise & Shine!"

- Whether things just don't quite feel the same, it's beginning to feel a little uncomfortable, it's hurt for years, or you wouldn't even try to get a tampon in there...we can help.
- Learn techniques to relax and stretch tight pelvic floor muscles.
- Recommended Minimum Visits: 2-4*

The "Pelvic Lift" Program

Like a facelift for "Down There"

- Does your bladder hang low, does it wobble to and fro....
- Learn how to exercise properly for better organ support.
- Recommended Minimum Visits: 2-4*

The "Mommy-To-Be" Program

Taking care of Mom while the stork is still circling! Your body is changing fast; let us help you keep up.

- Learn proper posture and positioning to prevent backaches and sleep comfortably. Learn how to exercise safely and how to prepare your body for delivery, breastfeeding and beyond,
- Recommended Minimum Visits: 1-2*

The "Open Channel Fertility" Program

Clearing the way for his little swimmers

- There are so many reasons for infertility. If you have a history of endometriosis, pelvic adhesions or abdominal surgeries, mechanical blockage may be contributing.
- Learn techniques to mobilize the pelvic organs and ideal exercises and relaxation techniques to prepare your body for baby.
- Recommended Minimum Visits: 2-4*

The "Sitting Pretty Tailbone" Program

Get your tail wagging again.

- Shifting this way and that and still can't get comfortable? Falls onto the tailbone and poor posture can lead to trouble with sitting. We would love to straighten you out.
- Learn techniques to release tight muscles around your coccyx and proper posture for happy sitting.
- Recommended Minimum Visits: 2-4*

The "Bionic Bones" Program

Making brittle bones strong and healthy.

- Are you concerned about or been diagnosed with osteopenia or osteoporosis? You CAN do something about it! Learn safe ways to move, lift and perform other daily activities to prevent fractures and reduce your risk of falls.
- Learn exercises proven to strengthen your bones.
- Recommended Minimum Visits: 2-4*

The "It's Complicated" Program

Do you wish there was an "All of the above" checkbox on your health history form? IBS, Vulvodynia, Interstitial Cystitis, Endometriosis, Fibromyalgia, Chronic Fatigue, and on and on...We've met many others like you and we are not afraid!

- Are you tired of endless therapists that claim to have the cure, only to leave you feeling hopeless? Instead of offering "cures", we guide you on a path of improvement with an empowering, integrative approach.
- Recommended Minimum Visits: Varies.

The "Pain-Free Prostate" Program

Are you tired of taking antibiotics and medication for "chronic prostatitis"? And why can't they find anything wrong with your prostate gland?

- The majority of men diagnosed with chronic non-bacterial prostatitis have a normal prostate gland. The problem is often in the pelvic floor muscles below the gland.
- We can evaluate these muscles to see if they are really the cause of your pain. We will teach you how to relax and stretch these muscles to decrease your pain.
- Recommended visits: 2-4*

The "Stronger & Longer" Program

For the Men!

- Are you experiencing difficulty with erections or ejaculation? Do you have any pain with sexual activity?
- Find out if your pelvic floor muscles may be the reason and learn what you can do to reverse your difficulties.
- Recommended Minimum Visits: 2-4*

*Recommended Minimum Visits may vary depending on the complexity of your condition. All visits are one-on-one with a highly trained physical therapists in a private, relaxing treatment room.

For more information visit our website at www.desertpt.com.