

Occupational Therapy & Women's Health



ALSO INSIDE

- Patient Testimonials • Health Tips For The New Year
- How Physical Therapy Can Help • Practice News



Occupational Therapy & Women's Health

“WHAT IS OCCUPATIONAL THERAPY?”

Occupational Therapy is a holistic profession developed to help patients with their ability to act and do things that improve their quality of life. Occupational Therapists are meant to help with empowerment to live a healthier, fuller, more meaningful life of the things that are most important to them.

“WHAT IS WOMEN'S HEALTH AT CHOICE THERAPY CROOKSTON?”

Women's health is often a taboo subject but it happens to more than it doesn't. Most people think of women's health as having some leaking when they cough and sneeze and that's part of it but a very small part of it. Women's health therapy is looking at the whole individual. When you start therapy, YOU are the leader and Molly is there to make sure together your goals are met.



MEET CHOICE THERAPY CROOKSTON'S WOMEN'S HEALTH SPECIALIST:

Molly Hanson OTR/L, MOT

Molly has extensive education and background with skills to serve a wide variety of patient's and serve their needs. Molly's more recent specialty includes that of women's health. She has completed over 150+ hours of continuing education in this field.

With her courses including but not limited to:

- The Functional Pelvis
- Postpartum Corrective Exercise Specialist
- Female Chair Reaction
- Certified Lactation Specialist

POSSIBLE DIAGNOSIS TO BE TREATED:

- Pelvic Pain
- Pre/postpartum care
- Incontinence
- Core Weakness
- Postural Retraining
- Bowel/Bladder Dysfunction
- Prolapse
- Back/Hip/Groin Pain
- Shoulder/hand wrist pain
- Lactation support

“WHY SHOULD I SEE A WOMEN'S HEALTH SPECIALIST?”

Just like when we experience an injury or surgery, we seek out professionals to help us. Your pelvic floor should be no different, after it all it's what holds us up every day. Considering all that it needs to do with bowel and bladder function, organ support and sexual appreciation it is a very important muscle group. The ultimate goal is to make sure our muscles are getting full range of motion which is what we strive for.

www.ChoiceTherapy1.com



Your Life • Your Health • Your Choice!

Still Unsure If You're Ready To Take That Next Step? Hear It From Molly's Patients

PATIENT TESTIMONIALS

"Therapy was so necessary for me and I didn't even know it until I met with Molly. There was nothing to be embarrassed about she helped me restore my confidence. I am glad I no longer have to self-diagnose and let her guide me through my journey." - **Mary M**

"Molly was the first one to explain my pain to me and develop a solution. She helped me understand how our body moves and how to best control that, she made sense of things that had been happening to me for years. She went above and beyond to support me. If you're looking for support for women, she is your go to." - **Beth R**

"When my daughter was born, I had increasing pelvic floor issues. When I called to talk with Molly, I knew I needed to get in for an appointment. Following my first appointment I found she also was able to help me with my nursing difficulties. Now 6 months later I understand my difficulties and my daughter is successfully nursing with no difficulties. A true thank you to Molly." - **Sara K**

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Health Tips for the New Year

Shop Well For Yourself

It is more important than ever to stock your kitchen with healthy foods. Have healthy snacks handy. The more convenient they are, the more likely you are to eat them. Instead of thinking about what you shouldn't eat, promise to eat your 3 to 5 servings of vegetables each day.

Schedule Your Exercise

Your schedule will be very hectic this year, like every year. Schedule your workouts just as you would any other appointment. It's okay if you can't make it to class, but make sure that you get some activity in at least three days per week.

Just Say No

You probably aren't aware how much extra food you consume just from people offering it to you. A sample at the market here, an extra cookie at an office party there and it all adds up. Just think twice before you take that food and decide if you really want it.

Skip the Baking

Do you make baked goods for giving? Chances are you eat much of what you bake. Who wouldn't? Instead make non-food gifts, or prepare



ingredients for baked goods and put them in pretty jars—this year, let your gift recipient bake it up. That way, they can eat it when they want it and you don't have to be tempted in the kitchen.

Hydrate

Keep your water bottle with you at all times. You should be drinking eight, 8-ounce glasses of water each day. One handy trick is to buy a 64 ounce water jug. Fill it up in the morning and know that you need to finish it by the end of the day.

How Physical Therapy Can Help

Physical Therapy in Crookston is a safe, effective, and non-invasive treatment option that is designed to relieve pain resulting from a wide range of musculoskeletal conditions, sports injuries, workplace injuries, and more.

Patients typically see a physical therapist to help manage chronic pain symptoms and prevent future injury, and regular appointments with a physical therapist are ideal for people of all ages. A few shoulder related pain conditions that a physical therapist can help with are:

- Nerve impingements
- Shoulder sprains
- Tendonitis
- Tendon tears
- Bursitis
- Frozen shoulder
- Shoulder Repairs



A physical therapist's goal is to show you new ways to do things that your pain has kept you from doing. Say you develop a muscle strain from hunching over your computer all day. This could make it hard for you to continue working normally without pain. Call today if you think physical therapy can help you.

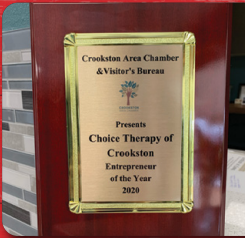


CROOKSTON

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Practice News



Crookston Area Chamber 2020 Entrepreneur of the Year

Choice Therapy Crookston was named by the Crookston Area Chamber the 2020 Entrepreneur of the Year. This was awarded to owner, Molly Hanson and her team during the virtual Chamber Celebration, which took place on Nov. 30th, 2020. It is displayed proudly at our clinic.



Custom Fit Orthotics

Coming in February, Choice Therapy will be offering custom fit orthotics. Therapists Trevor Roppel, DPT and Molly Hanson OTR/L, MOT will be certified and able to custom fit patient's with a revolutionary evidence based medical orthoses custom fit for you!

Call today to get your appointment scheduled for custom fit orthotics!

