

Rebecca Kurk: My name is Rebecca Kurk. I'm a physical therapist here at the Wellness Center. I've been with Ephraim McDowell since 2015, and I have special certifications in pelvic health physical therapy, as well as obstetric physical therapy. So that includes the treatment of women during pregnancy, as well as in the postpartum period.

As a pelvic health physical therapist, I treat a variety of conditions in the pelvic region. So I like to describe that to patients as meaning that I treat the area kind of as what I like to call the underwear zone. So it's from the navel down into the underwear line region and all of the structures within that. So that can include conditions impacting the urinary system, the bowels, and also the reproductive system. It also includes pain within those regions. So that includes the areas of the pelvic girdle and the abdomen and the structures around those areas. I also treat conditions during pregnancy and postpartum, so that can include pain conditions during pregnancy, like low back pain and pelvic girdle pain, and also recovery after vaginal delivery or cesarean section delivery. Also, I'll treat patients for abdominal concerns during their postpartum recovery period.

I would say my favorite part of being a pelvic health physical therapist with Ephraim is the patient education component of my job as a pelvic health PT. I think patient education is so, so important for all patients, but especially in the pelvic health realm, a lot of folks don't know a lot about their pelvic regions. We like to kind of forget about bowel and bladder function and function related to intimacy and things like that until there's a problem. So that's a big concern to a lot of folks. So I think a lot of times knowledge is half of the battle. So if I can help to educate those folks, I think they're very much empowered in their recovery. So that's definitely my favorite part.