



Dr. Karla Gowan
PT, DPT, PCC, PRPC

Certified Pelvic Rehabilitation Practitioner

Karla graduated with a Masters in Physical Therapy in 1997 from Idaho State University. She conferred her Doctorate in Physical Therapy from the University of St. Augustine while also earning her certification in Primary Care (PCC). She was awarded her Pelvic Rehabilitation Practitioner Certification in 2013 from the Pelvic Rehabilitation Institute, and has enjoyed practicing at St. Mary's Health since January, 2022.

Pelvic Physical Therapy Treatment can help:

- Urinary Incontinence
- Coccyx/Tailbone Pain
- Constipation
- Diastasis Recti
- Dyspareunia (pain with intercourse)
- Fecal Incontinence
- Pelvic Organ Prolapse
- Pelvic Pain/Vaginismus
- Pregnancy Related Pain
- Postpartum Pain and Issues
- Post C-Section/Surgical Pain
- Pudendal Neuralgia
- Sciatica
- Sexual Dysfunction
- Low Back & Hip Pain
- Post Cancer Conditions

Dr. Gowan also works with women recovering from breast & pelvic cancers, as well as lactation difficulties.

St. Mary's Health

701 Lewiston St.
Cottonwood, ID 83522

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www.smh-cvh.org



Women's Health
Specialty Service in
Physical Therapy



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St. Mary's Health

Dr. Karla Gowan specializes in Pelvic Health conditions

Bowel & Bladder Dysfunction

Pelvic Floor therapy is used to treat mild to moderate instances of Pelvic Organ Prolapse, Incontinence and Constipation.



Pelvic Pain

One-third of all gynecological visits are due to pelvic pain. Dr. Gowan is experienced at treating and alleviating pelvic pain.

Low Back & Hip Pain

Often, low back, hip, and pelvic pain are experienced together and can be treated with the right regimen of targeted treatment.

Pregnancy & Postpartum

Pelvic pain and dysfunction during and after pregnancy may be common, however you don't have to suffer. Dr. Gowan can help before, during, and after pregnancy to ensure your delivery and recovery be as positive an experience as possible.

Osteoporosis/Arthritis

Improving posture and mobility with physical therapy designed to specifically address these issues can decrease arthritis pain and its progression. It can also promote safe activities for osteoporosis.

Core Weakness

Weakness of the trunk and pelvic muscles may contribute to core weakness and increase back pain, incontinence, and risk of falling.

Abdominal Scarring

Scars from abdominal surgeries and injuries may contribute to back pain, bowel and bladder issues. Improvement is possible using our specialized techniques.



Talk to your Doctor to see if Pelvic Health Therapy is right for you!

It's important to mention any of these issues to your Primary Care Provider.



Together, you can discuss treatment options including physical therapy.

Pelvic Rehabilitation requires a provider's referral to begin treatment. If you have any questions, or would like to schedule an appointment, please call us at:

St. Mary's Health Physical Therapy

Grangeville

208-983-2441

Kamiah

208-935-0367

Or visit our website:
www.smh-cvh.org