



Check with
your provider
to see if Pelvic
Physical
Therapy
might be right
for you!

Women's Health

Specialty Service in Physical Therapy

Dr. Karla Gowan is a Certified Pelvic Rehabilitation Practitioner. Pelvic Physical Therapy Treatment can help many issues including:

- 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.



Dr. Karla Gowan
PT, DPT, PCC, PRPC



St. Mary's Health
Physical Therapy

Grangeville
208-983-2441

Kamiah
208-935-0367

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



St. Mary's Health