

Our staff at ESPT shares
a common goal...

*to offer personalized
treatment and therapies to
meet each patient's individual
needs in a comfortable, caring
and professional environment.*



ESPT has been serving the physical therapy needs of the community for more than 17 years, and together, our staff has been delivering quality healthcare services for more than 50 years. We are each specialists in our fields and offer an array of services in a comfortable environment.

We specialize in:

- ◆ Manual Orthopedic Physical Therapy Treatments
- ◆ Pelvic Floor Dysfunction
- ◆ Women's Health



**EAST
SACRAMENTO
PHYSICAL
THERAPY**

5260 Elvas Avenue
Sacramento,
California
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EAST SACRAMENTO PHYSICAL THERAPY

Physical therapy
services for
women, men
and children



Quality care with a
personal touch®

PH: 916-457-8802
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Manual Orthopedic Physical Therapy

Physical therapy is often needed at some point in life. Whether after an orthopedic injury or surgery, to relieve neck or back pain, or after a car or work accident; seeking physical therapy will facilitate the body's own healing process, relieve aches and pains and restore function.

At ESPT, we work closely with patients, doctors and insurance companies to offer the greatest quality of care without the hassle. While primarily a hands-on clinic we also have available all modalities, including infrared laser and biofeedback, to assist in pain management.

Our therapists specialize in the following manual therapy techniques:

- ◆ Myofascial Release
- ◆ Trigger Point Massage
- ◆ Joint Mobilization
- ◆ Muscle Energy Techniques
- ◆ EMG Biofeedback
- ◆ Exercise Prescription
- ◆ Massage Therapy



Pelvic Floor Dysfunction Physical Therapy

Pelvic floor dysfunction can cause bowel and bladder problems, as well as pelvic pain and sexual dysfunction. These issues affect the quality of life of



women, men and children of all ages. The practitioners at ESPT specialize in conservative treatment of the following issues in a private and personal manner:

- ◆ Bladder Urgency, Frequency and/or Incontinence
- ◆ Bowel Incontinence
- ◆ Constipation
- ◆ Pelvic Pain
- ◆ Painful Intercourse/Sexual Pain
- ◆ Post-Prostatectomy Incontinence
- ◆ Day/Sleep Wetting

*Call ESPT and begin
your journey to recovery.*

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www.EastSacPT.com

Physical Therapy for Women

A woman has special needs, from the time she begins menstruating through her childbearing years and menopause, and her reproductive system is an important part of her overall health. At times, many women experience symptoms causing both physical and emotional pain.

ESPT can help diminish or

eliminate that pain and discomfort through therapies and individualized programs. We then work with each woman, teaching her health-



maintenance techniques that are performed at home to restore optimum health.

- ◆ Pre & Postnatal Pain
- ◆ Incontinence
- ◆ Pelvic Pain
- ◆ Other Health Issues including PMS, Fibromyalgia, Chronic Fatigue Syndrome, Osteoporosis
- ◆ Custom-Designed Wellness Programs