

You have decided to Take **CONTROL!** of your body and talked about therapy with your provider.

1. DECIDE
Decide to
Take **CONTROL!**
of your body

2. TALK
Talk about
therapy with
your provider

3. THERAPY
Make Appointment
Call or Text
765-319-8420



4. CONTROL!
*You're In
CONTROL!*
*feel like a natural
woman again...*

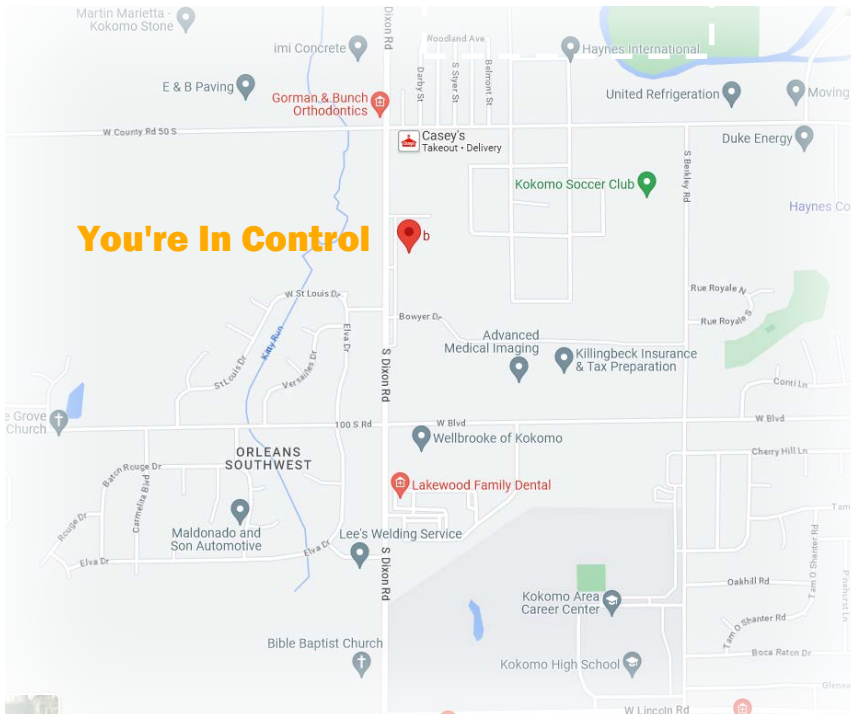
Now let's make an appointment

Central Indiana

765-319-8420



1542 South Dixon Road, Suite B



You're In **CONTROL!**

- Woman Owned
- Specialized Therapy
- One - to - One
- Private Environment
- Exclusive to Women

Your information has been
faxed to us at

844 - 874 - 6349.

We accept most insurances.

We will review your case
and contact you with:

- Expected costs
- Details about therapy
- Available times

It's time to
Take CONTROL!

 **You're In
CONTROL!**
*Feel like
a natural woman again...*
www.youreincontrol.net

What to Expect at Your First Visit

Your provider has recommended **You're in CONTROL!**

Our mission is to move each woman to Take CONTROL! of their body and rehabilitate them to *feel like a natural woman again...*

Initial Evaluation

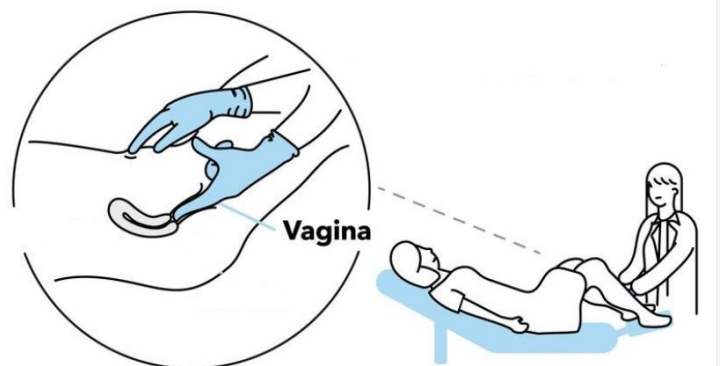
At your first visit, your therapist will talk to you about bladder, bowel, and sexual concerns, pain, or other relevant symptoms.

- Please allow up to 90 minutes for your evaluation.
- You will need to complete paperwork before your evaluation can begin. This can be completed online or you can arrive early to complete in person.
- Your therapist will teach you exercises to do at home so you can start taking control right away.

Internal Pelvic Muscle Evaluation

While not necessary, it may be recommended that you have an internal pelvic muscle evaluation.

- Involves your therapist inserting a gloved finger vaginally.
- Allows your therapist to assess pelvic floor muscles to provide a more complete picture of what may be contributing to your symptoms.
- Feel free to bring a chaperone if desired.



Why try therapy?

Therapy moves you to be in control of your body! Kegels are not enough and are sometimes inappropriate. Your therapist will provide specialized exercises and approaches to help you *feel like a natural woman again...*

