

## **Kitsap Physical Therapy Clinic Pelvic Floor Dysfunction Care Announced**

*The Kitsap Physical Therapy has announced an expansion of its services with the certification of Kara Bermensolo, PT, and Megan Morris, PT, DPT, expert in pelvic health providing patients with leading pelvic floor dysfunction therapy at the Poulsbo & Port Orchard Washington practice locations .*

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Kitsap Physical Therapy and Sports Clinic announced an expansion of its services with the certification of two of its clinicians, Kara Bermensolo, PT, and Megan Morris, PT, DPT, both experts in pelvic floor dysfunction (PFD) therapy. They will help patients across Kitsap County recover from pelvic health problems.

More information is available at <http://kitsappt.com>.

The Kitsap Physical Therapy and Sports Clinic is practice owned and operated by board-certified physical therapists with almost 40 years of experience and an established reputation as the leader in hands-on orthopedic, work or sports-related injury rehabilitation to help return patients in Kitsap County to their highest level of function in the most caring and timely manner.

The practice has announced an expansion of its range of services with the Evidence in Motion certifications of two of its staff clinicians -- clinic director and physical therapist, Kara Bermensolo, PT, and Megan Morris, PT, DPT, both experts in pelvic health therapy. Their expertise will help patients manage pelvic floor dysfunction (PFD), including incontinence, pelvic pain, sexual dysfunction, pelvic organ prolapse, pre/post-partum care, and more.

The pelvic health specialists perform screenings to determine if pelvic physical therapy is needed due to sacroiliac joint dysfunction, sciatic pain, coccydynia (tail bone pain), or lower back pain. One in three women with incontinence or low back pain have a pelvic floor dysfunction.

The pelvic health services delivered by certified expert Kara Bermensolo, PT, are available out of the Kitsap Physical Therapy and Sports Clinic practice on 7th Avenue, #108 Poulsbo, Washington, along with specialties including lymphedema treatment, geriatrics or women's health programs and a broad range of leading orthopedic rehabilitation services for any type of neck, back or leg injuries and post-surgical or sports and work related injury rehab.

Pelvic health services are also provided by Megan Morris, PT, DPT at the Port Orchard office located at 1880 Pottery Ave, Suite 100, Port Orchard, Washington. Similarly, the clinical staff at Port Orchard are experts in the evaluation and rehabilitation of children, athletes, weekend warriors, and seniors.

Appointments and more information on the certified pelvic health services provided by Kara Bermensolo, PT and Megan Morris, PT, DPT can be obtained by calling (360) 779-3777 or through the website.

The Kitsap Physical Therapy and Sports Clinic team explains, "Our main focus has always been to play a valuable role in helping people overcome physical limitations and restrictions that interfere with their ability to live a full life. Pelvic floor dysfunction can be a socially embarrassing condition which causes withdrawal from community situations and a reduced quality of life, but eighty percent of cases see improvement with education and conservative pelvic health physical therapy."

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