



Julia Peairs PT, DPT

Dr. Julia Peairs is a Pelvic Floor and Orthopaedic Physical Therapist who initiated the Pelvic Health program at Grand River Health to bring increased access to a little known and vitally important part of many people's recovery: Pelvic Floor Physical Therapy.

Her passion for helping others began with being a patient and her own struggles with pelvic pain, as well as a deeply held belief that just because something is common does not mean that it has to be "normal" or expected, like leaking after childbirth, pain with sex, or peeing when you sneeze.

She combines her passion for whole-person wellness with physical therapy and an interdisciplinary approach, working closely with patients and their providers to ensure that patients feel heard and that their challenges are addressed with compassion.

In addition to working with patients, Dr. Peairs also enjoys salsa dancing, dog training, hiking, and spending time in hammocks.

Education

Hermann and Wallace PF1A, PF2A, PF2B courses completed

Doctorate of Physical Therapy - Northern Arizona University, 2017

Bachelors of Science in Equestrian Science and Biology - William Woods University, 2013



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Pelvic Floor Physical Therapy

What to Expect at Pelvic Physical Therapy

EDUCATION

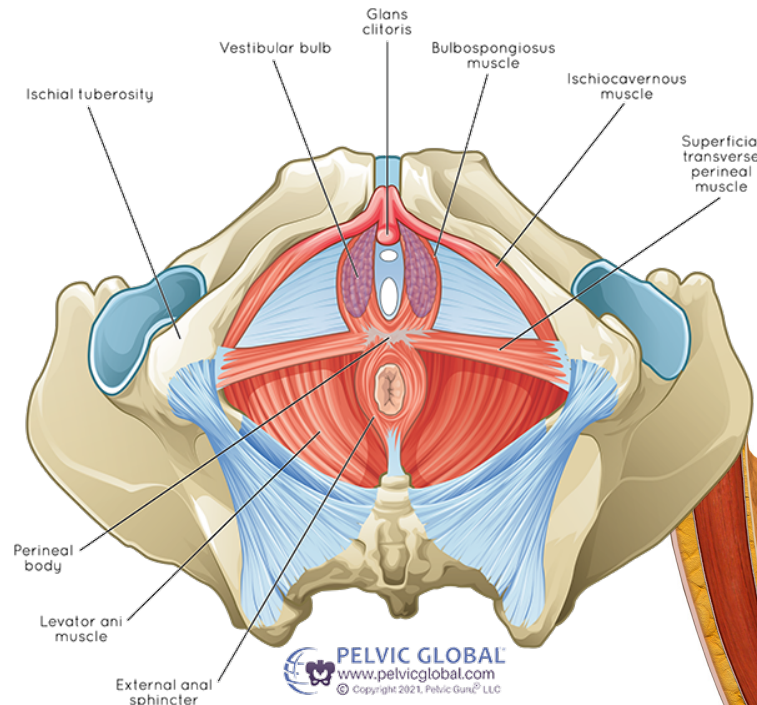
- You will begin your first physical therapy session getting to know your provider. You will also be educating your provider about your symptoms, your medical history and your physical history.
- Your physical therapist will educate you on normal pelvic floor function, and not so normal pelvic floor function. You will learn about urine, bowel, bladder, and pelvic floor anatomy. She will also try to help you understand your symptoms and possibly why they are happening.

EVALUATION

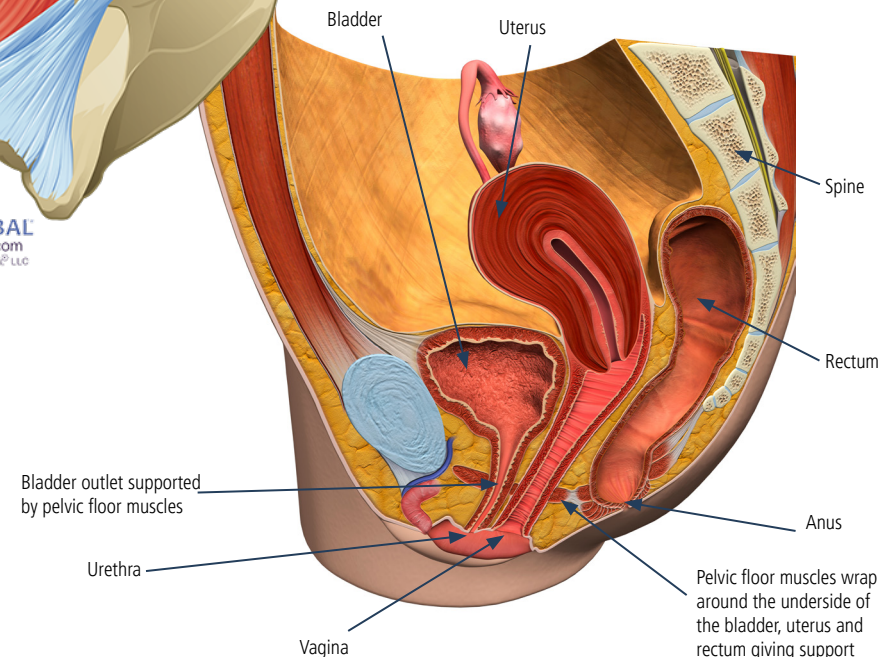
- When you have symptoms of pelvic floor dysfunction (urinary frequency, urgency, pelvic pain, pain with intercourse, constipation) it is important that you start any physical therapy program with a thorough evaluation.
- The pelvic floor evaluation starts with assessing how your pelvis aligns and works with your back and abdomen, as they should work in concert together. Then examining the skin in the pelvic region (vulvar, vestibule), assessing pelvic reflexes (your ability to contract, control, and relax your pelvic floor muscle), and your muscles.
- The pelvic floor muscle assessment consists of palpation utilizing one examiner finger to the external musculature and the internal pelvic floor musculature. Similar to as you develop pain and "trigger points" (local areas of muscle dysfunction an pain) in your neck or shoulders, your pelvic floor develops these. It is important to learn about areas that may be causing pain and begin working with your physical therapist to treat and relieve them.

TREATMENT

- Your treatment will consist of breathing exercises, behavior modification, physical therapy techniques, and stretching or exercise when it is appropriate.
- Pelvic pain may be persistent and requires several treatments, done consistently each week, to improve. You should expect to schedule one appointment weekly for eight to twelve weeks so that your muscles start to change in length, tension, and behavior and your symptoms begin to resolve.



Side view of a woman's bladder and related structures



Please contact our pelvic floor physical therapist with any questions.

**Call 970.625.1100
for an appointment.**