

STAFF SPOTLIGHT: SHELBEY MAGEE, DPT

My favorite aspect of being a physical therapist is partnering with an individual to help them achieve their goals. I enjoy providing education and tools that empower my patients to be successful in their recovery. I value the time that I get to spend with my patients, building a relationship and learning from them as well. This makes it all the more special when I get to see these individuals return to the activities that bring them joy.



DPT: University of Utah, Salt Lake City, UT

BS: Human Movement Science, Utah State University, Logan, UT

Member: American Physical Therapy Association, Utah Physical Therapy Association

I enjoy treating all orthopedic conditions, but I am also passionate about treating conditions related to pelvic health. I have pursued further coursework in this area to better understand and serve my patients. Some of my other interests include vestibular rehab and facilitating recovery after a concussion.

Shelbey was raised in Star Valley, Wyoming, and loves to go back every chance she gets. She is a true-blooded aggie and an avid Utah Jazz fan. She enjoys being active which most often includes playing pickleball, disc golf, basketball, or golf with her husband. Shelbey is a homebody at heart and likes to spend her free time with family, often watching movies or sports.

INSIDE:

- Are You a Male Living with Pelvic Pain?
- Patient Success Spotlight
- Healthy Recipe: Miracle Red Juice



ARE YOU A MALE **LIVING WITH PELVIC PAIN?**

Are You in Need of Pelvic Floor Rehabilitation?

Are you a male living with pelvic pain? If so, chances are you've been to see many different specialists and doctors who claim to be able to diagnose and treat your problem. This is a frustrating reality for many men living with pelvic pain.

Pelvic floor rehabilitation at Beyond Limits Physical Therapy may be the answer to your prayers. Pelvic floor rehabilitation is typically performed on pregnant women or during post-partum, however, this kind of therapeutic practice can most certainly benefit all genders!

To learn more about pelvic floor rehabilitation and how it can help relieve pelvic pain for you today, call Beyond Limits Physical Therapy to schedule an appointment. In the meantime, keep reading to learn about the causes of pelvic pain, what a physical therapist can do to relieve your discomfort.

What is Pelvic Floor Dysfunction?

Pelvic floor dysfunction is defined by the inability to control the muscles of your pelvic floor. It can affect people of all genders and backgrounds, and there are several factors that may be causing your pelvic floor pain.

The symptoms of pelvic floor pain and/or dysfunction can vary depending on a multitude of factors. Male patients might notice they experience more pain on some days than others. This painful condition has been linked to events that weaken the pelvic muscles or tear connective tissue.

Conditions Your Pelvic Pain May Be Linked To

Pelvic floor therapy can help relieve pain associated with many different conditions. Pelvic pain can be brought on by stress if you tend to clench your pelvic muscles. It can also be caused by weakness in muscles which causes overcompensation in the pelvic area.

Some of the most common conditions our male patients seek treatment through Beyond Limits Physical Therapy are:

- **Post-prostatectomy pain:** There are several different types of prostatectomies, and you may be experiencing a complication from yours if you've had one. Many men deal with urinary incontinence after a prostatectomy.
- **Prostatitis:** This condition results in inflammation and swelling, and occurs in the prostate gland. Prostatitis can be caused by a bacterial infection that can be cured through antibiotics. If you are diagnosed with chronic prostatitis, however, this is a long-term problem that will require more help than medication can offer.
- **Pudendal Neuralgia:** The pudendal nerve travels through your pelvic floor muscles. If those muscles are too tight, this nerve can become irritated. If this nerve is compressed for too long, you may begin experiencing painful symptoms.

(Continued inside.)

(Continued from outside.)

It's not always the easiest to know when you're in need of medical attention, especially when it comes to something like your pelvic health.

The following list shows commonly experienced symptoms. If any of these ring a bell, visiting a pelvic health physical therapist may be in your best interest.

- Aching or pain in your abdominal region
- Pain in the testicles, groin, or hip areas
- Burning sensations in the pelvic area
- Frequent need to urinate or incontinence
- Pain with ejaculation
- Pain in the testicles, groin, rectum, or tailbone
- Difficulty urinating
- Lower back pain
- Constipation, pain with bowel movements

Many of these symptoms can cause a person to feel very vulnerable and embarrassed, but it's important to be honest about how you're feeling to your doctor so they can accurately diagnose and treat you.

Pelvic floor rehabilitation focuses on improving the strength, endurance, flexibility, and motor control of the pelvic floor muscles. During your first appointment at Beyond Limits Physical Therapy, the current state of these will be evaluated to help in determining the best route for your treatment plan.

Your therapist will also observe how you walk, balance, squat, bend over, and breathe, all to observe for any mobility deficits, muscle imbalances, or postural dysfunction. From there, they will use a variety of treatment methods to provide relief for you, including biofeedback, target stretches, and breathing exercises to help you relax your pelvic floor muscles.

A Beyond Limits Physical Therapy physical therapist will teach you proper exercises and techniques that will improve your pain and your coordination as well. The goal is to strengthen or relax your muscles in your pelvic floor, as well as improve bowel, bladder, and sexual functions.

Seeking Relief Doesn't Have to Be a Long Journey

If you're tired of searching for answers to your pelvic pain, take a deep breath, pick up the phone, and give Beyond Limits Physical Therapy a call today to make an appointment. You don't have to be embarrassed by your symptoms. Rest assured that you're in the skilled hands of our physical therapists here, and we'll have you feeling your best in no time at all.

CALL TO MAKE AN APPOINTMENT.

Physical therapy is essential to identify the correct exercises to relieve male pelvic pain.

Contact Beyond Limits Physical Therapy today to get started!

HEALTHY RECIPE: MIRACLE RED JUICE

INGREDIENTS

- 2 large beets
- 4 long carrots
- 2 apples
- 6 celery stalks
- 2 limes or lemons
- 2 inches of ginger

DIRECTIONS

Prepare beets, carrots, apples, celery, limes (or lemons) and ginger by chopping into smaller pieces before placing into a juicer. As the skin of a beet is packed with antioxidants and nutrients, it is recommended to leave the skin on the beet. Do not peel the ginger, which you will add to taste as ginger can be spicy. After all ingredients are added to the juicer, blend until juiced and smooth. Miracle Red Juice can be absorbed more easily on an empty stomach. Drink one glass every other day or as needed.



CALL TODAY TO SCHEDULE YOUR APPOINTMENT!

HERRIMAN: (801) 302-7232 • EAGLE MOUNTAIN: (801) 789-7333 • SOUTH JORDAN: (801) 878-9868

AT-HOME HYDROTHERAPY



Soaking in Epsom Salt can be very helpful for the release of muscle aches and pain. It is important to remember the actual name of Epsom Salt is magnesium sulfate. Among magnesium's many functions is it will reduce the rate of calcium binding after a muscle contracts as it competes for the same binding sites as calcium, which contracts a muscle. Simply put, this relieves tightness and soreness in the muscles.

Something as simple as an Epsom Salt bath can be of great benefit in relaxing a tight muscle.

- Add 2 cups of Epsom Salt to a warm bath full of water.
- Soak in the bath for 15 - 20 minutes, allowing the magnesium to be absorbed through your skin.

If you have been suffering from pain, come see one of our therapists for an assessment on how to find relief.

Relieve Pain In Minutes

Try this movement if you are in pain.

Helps to strengthen your pelvic floor muscles.

PELVIC TILT ON BALL

Sit on an exercise ball with tall, relaxed posture. Slowly and gradually tilt your pelvis muscles forwards then backwards making a small circle with your hips. Keep your core engaged. Repeat 10 times.



Patient Success Spotlight

"...by far the best care I have received from any doctor or medical professional."

"The Therapist and staff at Beyond Limits is by far the best care I have received from any doctor or medical professional. I have gone to some physical therapists in the past for my knee and it was a chore and they didn't help me much. I didn't last long going to them. Now I have other issues and was reluctant to go. I decided to give it a try. Matthew Sudweeks, who I started working with and he is someone I want to work with. He takes the necessary time to go over everything with you. He makes a plan and talks you through it. The whole staff cares about me and they want to make me better. They are awesome. I would highly recommend them." – L.S.

15 MINUTE PHYSICAL THERAPY

CONSULTATION

FREE **BIG DEAL**

** consultations do not involve a physical therapy evaluation or treatment.*

Suffering from aches and pains? Give us a call to schedule an appointment today!

HERRIMAN: (801) 302-7232
EAGLE MOUNTAIN: (801) 789-7333
SOUTH JORDAN: (801) 878-9868