

Dry Needling for Headaches & Pelvic Health? [\[LEARN MORE\]](#)

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Dr. Bowman and Dr. Bojko with staff and clinicians attending an Advanced Dry Needling Course for the Pelvic Floor conducted by Institute for Clinical Excellence (ICE)

### LifeMotion Offers New Game Changing Service: Pelvic Floor Dry Needling

Dr. Hartley Bowman and Dr. Megan Bojko, recently completed advanced training in pelvic floor dry needling. Now we know that sounds a little intimidating, but dry needling techniques during the pregnancy period have been shown to be safe and effective for treatment of a variety of conditions. You may be interested, but have a few questions. We are here to answer them!

#### What is dry needling?

To briefly summarize, dry needling is a safe and effective treatment to address muscular pain and trigger points that are related to dysfunction in the body. In this procedure, a thin monofilament needle (similar to an acupuncture needle) is inserted into the skin and muscle to stimulate the underlying muscle, typically in conjunction with electrical stimulation through the applied needle. Results can often be **immediate and powerful!** Patients often experience a relief of pain and increased range of motion in the affected area. Treatment afterward consists of guided exercise to further improve muscle health.

#### What is the pelvic floor?

The pelvic floor is the group of muscles that sits like a sling in the base of the pelvis in women and men. These muscles provide stability to our core, support to our pelvic organs (bladder, rectum, uterus), maintain bladder and bowel function, allow for sexual function, and help move blood and lymphatic fluid from our legs into our torso.

#### What is pelvic floor dry needling?

With pelvic floor dry needling, we can utilize the technique described above to address a variety of pelvic dysfunctions, including:

- Urinary and fecal incontinence or urgency
- Constipation
- Pelvic pain
- Pain with intercourse and much more!

This technique can be used to reduce high levels of tension in the pelvis, as well as help improve the brain's ability to communicate effectively with the muscles. Pelvic floor dry needling is available to both women and men to address any of the above concerns, no matter if they are a new problem or have been going on for years.

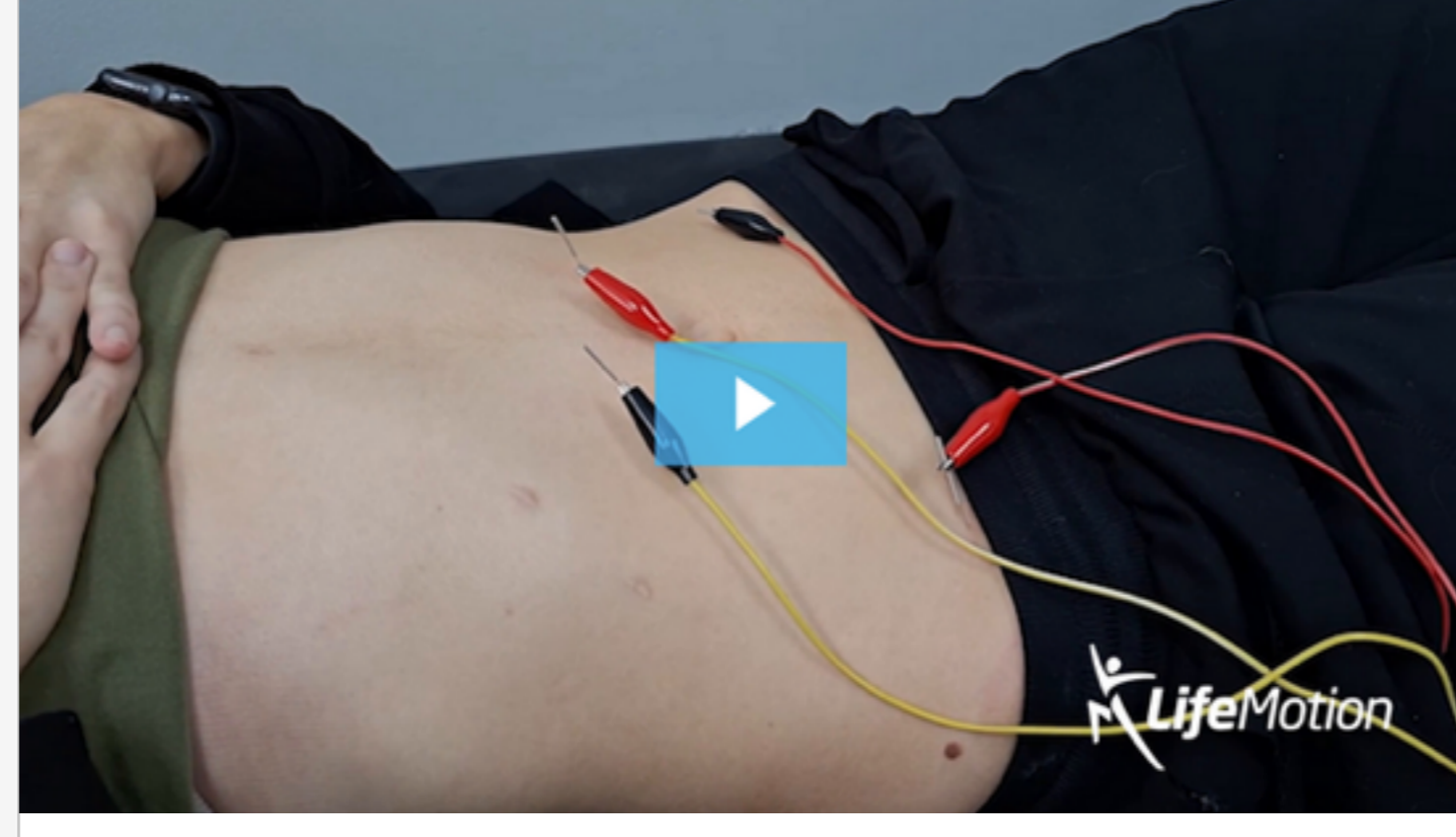
#### What about needling during pregnancy and postpartum?

Two of the most common complaints related to pregnancy and postpartum are **headaches and hand/wrist pain**. Migraines affect around 20% of pregnant women and 30-40% of postpartum women. Additionally, the classic "Mommy Thumb" experience is found to occur in about 31-62% of women during pregnancy and often persists up to 12 months later, noted as pain and swelling in the wrist and hand with use. Due to the constraints on pharmacological interventions during pregnancy and postpartum, many women are often left at a loss for how to manage their symptoms. Dry needling alongside skilled therapeutic care can be an excellent alternative to manage pain while you care for your little ones!

#### How can I receive this intervention?

If you have a musculoskeletal pain complaint or are experiencing pelvic floor dysfunction and are wondering if dry needling is right for you, please reach out to our office today to schedule an evaluation. We would love to meet with you and help you get back to living your life in motion!

[Schedule An Appointment](#)



### Service Highlight from Dr. Hartley Bowman, DPT

Check out Dr. Bowman describe the procedure of functional dry needling (along with actual examples) and how it can benefit you during and after pregnancy to aid with recovery to the pelvic floor and more!

[WATCH VIDEO](#)



### Staff Spotlight: Chloe Salcedo

Chloe Salcedo agrees that one day can change everything. For her, it was a one-day shadowing experience at LifeMotion. "I found LifeMotion last summer," Chloe says. "I contacted Holly. Funny enough, I only shadowed for one day, but couldn't do more due to time restraints." Even though the timing wasn't right at the moment, she jumped at the opportunity to join our team a year later when a new Physical Therapy Tech position opened up. And, we're glad she did. "I'm so grateful for the experience that I'm having at LifeMotion," Chloe says. "It's been great." Before college, Chloe had considered a career in pharmacy because of the prospect of helping people. "I thought that entailed helping a lot of people," Chloe says. "I quickly realized that I didn't want to be behind a counter all day." What she wanted was more dynamic work and activity. It was a suggestion by her mother that ultimately changed Chloe's career path. "My mom asked, 'What about physical therapy?'" Chloe says. "And then, lo and behold, she was right." Chloe's personal experiences in college volleyball also played a part. Despite having a brief personal encounter with physical therapy due to a sprain she suffered in high school, it was observing the physical therapy experiences of her teammates that ultimately kindled her interest in the significance of recovery—especially in sports. Chloe graduated from Oral Roberts University a semester early, earning a health and exercise science degree with a concentration in pre-physical therapy. This demonstrates her dedication and serves as a stepping stone towards her ultimate goal of entering physical therapy school. What resonated deeply with Chloe was physical therapy's focus on aiding recovery through movement and activity. Chloe's work at LifeMotion introduced her to the vastness of physical therapy. "My work at the Balance Center involves everything vestibular and neurological," Chloe says. "I'm learning so much, and I'm really passionate about this scope and this specialty, and I'm excited to see where it takes me." Today, Chloe looks forward to the future with excitement, eager to see where her journey in physical therapy will take her. "The more I learn about physical therapy, the more I discover how rewarding and how rich the profession is," Chloe says. "I get to see patients and witness their quality of life being restored. I think that's really rewarding." When she's not working at LifeMotion, Chloe describes herself as outdoorsy and enjoys hiking. "There's nothing like going up a mountain and seeing the view," Chloe says. "That whole process is so peaceful and, in a sense, relieving because you get to see what more God has in this world that people haven't seen yet. It's breathtaking." With her passion for helping people and her dedication to her profession, the journey ahead promises to be fulfilling and rewarding for Chloe and all the people she helps here at LifeMotion.

[Learn More About Our Team](#)



### A Message From Ryan

Spring is right around the corner and that means sunny skies and green grass. I always love this time of year, not just because of golf, but also because there is a sense of growth and rejuvenation in both the clinic and Tulsa community. This is particularly true this year at LifeMotion Physical Therapy. We have been working hard for months to prepare and now finally implement our new electronic medical record system called Prompt!

In the modern healthcare system, one aspect that really burns clinicians out is the time in front of the computer. Trust us when we say it is the last place we want to be. But the traditional systems require a tremendous amount of time from us to get notes completed and sent to payers and physicians. The great news is times are changing! Systems are becoming better designed and are now leveraging the use of artificial intelligence to improve accuracy and speed. This is especially true with Prompt and we are very excited to continue to provide you an even better experience both in and out of the clinic.

- A few fun features that you can look forward to:
- **Online intake forms** - no more printing and filling out a million pieces of paper.
  - **Online scheduling** - you can now request visit times that fit your schedule online.
  - **Proactive communication** - the system will automatically let you know if you are under scheduled based on your treating therapist's recommendations and give options.
  - **Waitlist function** - we now have the ability to place you on a waitlist and when appointments become available you prefer, you will be notified electronically.
  - **Online bill pay** - you can now expect a simple email with any outstanding dollars owed and a one click interface to bring your account current.
  - And much much more!

After 10 years with our prior platform, it was time for a change. Be patient with us as we make the move as you might get some duplicate communication. But we also want to hear your feedback, so if there are features you really enjoy or those you could live without - let us know! At LifeMotion, we are always looking to improve our communication, care and facilities to give YOU the best possible experience. If you have any aches or pain, surgeries, balance issues or vertigo, come see us. We are only a call or click away!

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