

Your Body in Menopause: How Physical Therapy Can Help

The menopause transition brings significant changes, but you don't have to navigate them alone. Physical therapy offers a proactive, personalized, and drug-free way to manage symptoms, helping you stay strong, active, and confident.



KEY WAYS PHYSICAL THERAPY SUPPORTS YOU

1 Strengthen Your Muscles and Bones

Declining hormones can lead to muscle loss and a decrease in bone density. Your physical therapist will create a customized program of resistance training and weight-bearing exercises to:

- Build and maintain muscle strength.
- Improve bone density to reduce your risk of fractures.
- Boost your metabolism and energy levels.

2 Relieve Joint and Muscle Pain

Many women experience new or worsening joint pain and stiffness during menopause. Through gentle exercises, stretching, and manual therapy, a physical therapist can:

- Reduce pain and enhance your flexibility.
- Improve your balance and posture to prevent falls and relieve chronic pain.

3 Improve Pelvic Floor Health

A specialized physical therapist can address common and often distressing issues caused by weakened pelvic floor muscles, helping you:

- Manage urinary incontinence and urgency.
- Alleviate discomfort from vaginal dryness or painful intercourse.
- Reduce symptoms of pelvic organ prolapse.

4 Enhance Your Overall Well-being

Beyond treating physical symptoms, physical therapy empowers you with the knowledge and tools to take control of your health. Your therapist will provide:

- **Customized Care:** A plan tailored to your unique body and goals.
- **Education:** Understanding the "why" behind your symptoms so you can make informed decisions.
- **Stress Relief:** Techniques like breathwork and relaxation to help manage anxiety and improve sleep.
- **Confidence:** Helping you regain strength and mobility so you can continue doing the activities you love.

Take the first step toward feeling your best. Talk to a physical therapist today about how they can help you thrive during menopause and beyond.