



About Us

Break Free Pelvic Health & Wellness

PELVIC FLOOR SPECIALISTS FOR PELVIC
PAIN, URINARY & BOWEL DYSFUNCTION,
SEXUAL PAIN, ORTHOPEDIC PAIN,
PRENATAL CARE & POSTPARTUM RECOVERY

Hello!

I would like to thank you for expressing interest in Break Free Pelvic Health & Wellness for your pelvic floor concerns! My name is Gretchen Brooker and I am a doctor of physical therapy board-certified in pelvic health rehabilitation with over 7 years of experience evaluating and treating female, male, and pregnant populations in all facets of pelvic health and orthopedics. I have hired amazing teammates - Jillian Lawton with a masters in occupational therapy and a specialization in pelvic health with experience in treating male, female and pregnant populations with a special interest in sexual health and wellness; Kaleigh Mathis with a doctorate in physical therapy and a specialization in pelvic health in treating women and pediatrics for pelvic health and orthopedic concerns. Our combined education and experience has made our team well-rounded and professional in treating women, men, pediatrics and the pregnant/postpartum patient for all pelvic floor concerns as it relates to bladder, bowel, sexual function and pelvic pain.

Continued education is important, and pelvic floor specialization is required postgraduate from occupational or physical therapy school. We are collectively trained by Herman & Wallace and Alcove Education for pelvic floor certification and to perform internal muscle assessments. Further training we have includes treatment of pelvic pain related to interstitial cystitis, endometriosis, vaginismus, vulvodynia with Michelle Lyons, Pregnancy & Postpartum Corrective Exercise with Sarah Duvall, Pediatric Bowel & Bladder with Dawn Sandalcidi, Male Pelvic Pain with Herman & Wallace and Myofunctional Dry Needling with IAMT.

Our goal as pelvic floor therapists is to provide a welcoming, comfortable, and safe environment that focuses on quality, holistic and a whole-person centered approach. We are passionate about helping as many people as possible learn about pelvic health and that many issues we suffer with such as constipation and leakage have a muscular component that can be resolved with pelvic floor therapy, which has been studied and proven as a first line of treatment before medications and invasive procedures.

A variety of services is provided for women, men and children including:

- manual therapy for tension, trigger point, fascial release and scar tissue work external and internal to the pelvis and surrounding muscles/joints/ligaments related to pain/symptoms
- dry needling and cupping for trigger point and scar release
- exercise prescription for strengthening or stretching
- neuromuscular re-education for proper muscle recruitment
- breath work through manual and tactile cues such as balloon or straw work
- foundational pelvic floor strengthening from lying down to standing (without or without internal cues and feedback)
- gait or balance strengthening
- body mechanics for movement & lifting
- bladder/bowel scheduling and retraining
- postural techniques to help with sitting pain or difficulty emptying bladder/bowels
- dilator training and/or pelvic wand training
- techniques for nervous system regulation and mindfulness

- education regarding sexual function for lubrication, positioning, pleasure, goals
- education for bladder urge suppression
- education for bowel mechanics, function, managing fissures/hemorrhoids and pain
- education for birth prep from labor/delivery positioning, pelvic floor prep, pushing prep, postpartum expectations
- education for menopause, hysterectomy pre/post op, endometriosis excision pre/post op, prostatectomy pre/post op
- education for potty training and bedwetting in children

Adults seeking care will receive a comprehensive musculoskeletal evaluation, with the option for an internal exam. The internal exam consists of assessing function of the levator ani muscles (puborectalis, pubococcygeus and iliococcygeus) for strength, coordination and tenderness with relation to bladder symptoms (leakage, difficulty emptying, painful urination, overactive bladder with urgency/frequency), bowel symptoms (leakage, difficulty emptying/

straining, painful passing), sexual symptoms (painful insertion, pain associated with intimacy and/or orgasm), specific genital pains (vulva, vagina, anus, perineum, testicles, penis) and orthopedic pains (tailbone, hip).

Pelvic floor therapy is a specialized skill set to help identify the muscles of the pelvic floor as a contributing factor to symptoms of bowel/bladder/sexual dysfunction and unresolved orthopedic pains with the goal of establishing strength, coordination, and function of the levator ani to address the areas stated above.

Parents seeking care for their children in regard to urinary leaking, bedwetting, constipation, pain, weaknesses or potty training do not receive internal examinations. Sometimes depending on the age and symptoms, we may recommend an external observation of pelvic floor muscle function (in cases of constipation - if we are observing the anus or lightly palpating over clothing, we may ask the child to bear down for a bowel movement as we are looking for coordination of relaxation and not tensing the muscles). We are also observing function through play and any activities of concern.

In addition to pelvic floor specific evaluation, adults and children will receive a comprehensive musculoskeletal exam that will identify other areas of tension and/or weakness that is contributing to pelvic floor dysfunction. What we find is that the pelvic floor is rarely a problem on its own - meaning there is a dysfunction elsewhere, such as in the abdominals, glutes, hips, feet/posture or spine. We also assess breathing mechanics, upper neck/jaw tension, nervous system dysregulation and patterns of chronic pain and tension holding that commonly are present in conjunction or relation to pelvic floor dysfunction. Identifying other factors such as stress management, activity/exercise level, diet, and sleeping habits is important as it relates to overall health and can influence bladder/bowel/sexual function and pain. We can refer to a multidisciplinary team that can address those factors for long term resolution.

Currently, we do not accept insurance; however, we do provide a superbill for patients to submit to their insurance companies for possible reimbursement. It is the responsibility of the client to interact with

the insurance company and to know their benefits. A guide with questions to ask the insurance company will be provided and it is up to the patient to submit the superbills. It should be noted, there is no guarantee a client will be reimbursed as every insurance company and policy varies. Please note that Medicare will not accept superbills for physical/occupational therapy; if you have this benefit, our services would not be able to be submitted for reimbursement. Forms of acceptable payment include cash, check, and credit or HSA/FSA cards.

Regular attendance to therapy sessions is a cornerstone of progress. We believe that if your symptoms are rooted in a musculoskeletal dysfunction, we should see identifiable changes in symptoms within 3-5 treatment visits. This means that our recommended treatment plan is showing effective results for a desired outcome of reaching your goals. If you have zero change in symptoms after this time frame (4-5 visits or ~1 month), your issue is likely not musculoskeletal in nature, and we will refer you to an appropriate provider to help identify the root cause of symptoms. Please note that this does not mean your symptoms will be resolved within 1 month of care - depending on how symptoms started, when symptoms started, and other factors make

an impact on how long it takes to rehab the root cause. Pelvic floor dysfunction is usually a result of a chronic issue or dysfunction that takes time to uncover. For example, chronic UTI's and bladder pain can be a result of constipation, which may have been lifelong. We typically see patients for a complete plan of care anywhere from 3 months to over 1 year with a frequency in visits anywhere from once a week to once every 4-6 weeks.

Prices for Services :

Evaluation (First Visit): \$249 for 75 minutes

Treatment Visit: \$189 for 60 minutes

Offerings: 5% cash discount & monthly memberships

We look forward to working with you and achieving optimal results to finally “break free” from stubborn pain that hasn’t resolved, leaky bladders, painful sex and constipation (to name a few!) - as well as the stigma of pelvic floor dysfunction. It affects 1 in 3 adults - you are not alone; your issues are not “TMI”, and we cannot wait to work with you.

If you have any other questions or concerns, please do not hesitate to reach out to me personally by email at gretchen@breakfreept.info.

Kind regards,

A handwritten signature in black ink that reads "Dr. Gretchen Brooker". The script is fluid and cursive, with the first letters of each word being capitalized and prominent.

Dr. Gretchen Brooker, DPT, PRPC

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