

## Kristi Svec, PT

Kristi was initially trained at the Academy of Lymphatic Studies in the treatment of lymphedema, and has continued her education with nationally known lymphedema specialists. She has also been to multiple state and national courses covering the topics of pelvic pain, urinary incontinence and pregnancy. She has been practicing physical therapy for over 14 years with an emphasis in women's health for the past eight years.



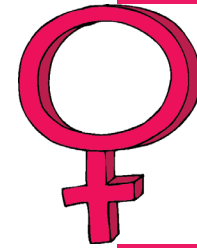
New West Physical Therapy

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One Team ...  
One Goal...  
Your Health



Women's Health  
and Oncology  
Physical Therapy Services

New West Physical Therapy

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Tel: 308-237-7388  
Or 1-866-537-7388

Have You Experienced:

- [Pelvic pain](#)
- [Painful intercourse](#)
- [Urinary incontinence](#)
- [Pelvic pressure](#)
- [Back, leg, or pelvic pain during pregnancy](#)
- [Pain or fatigue during chemotherapy](#)
- [Lymphedema or severe swelling in your arms or legs](#)

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**WE MAY BE  
ABLE TO HELP!**

## *Pelvic Floor & Pregnancy*

*With the use of biofeedback, physical therapists can educate patients in strengthening and stretching the pelvic floor muscles in order to alleviate urinary incontinence and pelvic pain.*

*During pregnancy, women can often experience aches and pains. Physical therapy treatment can include:*

- *Education in specific exercises*
- *Gentle manual techniques*
- *Mother-to-be pregnancy supports*

## *Oncology & Lymphedema*

***Physical therapists can help***

*Following a mastectomy:*

- *Decrease pain*
- *Improve range of motion and strength*
- *Educate about lymphedema*

*During chemotherapy and radiation:*

- *Decrease fatigue*
- *Decrease weakness*
- *Improve balance difficulties*
- *Decrease pain*

*Lymphedema or severe swelling in the arms or legs:*

- *Use of sequential vasopneumatic compression pump*
- *Manual lymphatic drainage therapy*
- *Compression bandaging*