

OLLI
Indiana State University

**WEDNESDAY
PRESENTATION**

Wednesday
September 25
1:30 p.m.
Cunningham Memorial
Library
Event Center

**PELVIC FLOOR THERAPY:
COULD IT BENEFIT YOU?**

The pelvic floor is made up of 26 muscles! Hetal Vora, Doctor of Physical Therapy at Horizon Health, will explain pelvic floor therapy, which can help individuals suffering from incontinence, pelvic pain, constipation, and other pelvic floor related dysfunction. Dr. Vora is a specially trained therapist who treats children aged 5 and older, women who are pregnant or postpartum, and men.

DR. HETAL VORA
HORIZON HEALTH



Dr. Hetal Vora, PT, DPT, earned a Doctor of Physical Therapy degree at Rosalind Franklin University of Medicine and Science in North Chicago and a Bachelor of Science in Physical Therapy at MS University in India. Dr. Vora uses the McKenzie Method of Mechanical Diagnosis and Therapy (Lumbar Spine), the Positional Release Technique, and the Mulligan Manual Therapy. Prior to joining Horizon Health and Paris Community Hospital/Family Medical Center, Dr. Vora worked as a physical therapist at an outpatient rehab facility in New York City. She also worked as a physical therapist in India and completed a physical therapy internship in suburban Chicago.

The Osher Lifelong Learning Institute is a forum for adults of all academic backgrounds to learn about a wide variety of interesting and engaging topics.

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