



Common Diagnoses Treated:

- Incontinence
- Urinary Urgency
- Low Back Pain
- Hip Pain
- SIJ Dysfunction
- Cystocele
- Rectocele

Individualized therapy services include:

- Pelvic Floor Evaluation
- Manual Therapy
- Biofeedback and Electrical Stimulation
- Home Exercise and Education
- Strengthening and Retraining Pelvic Floor Muscles

Women's Health Specialists

Urinary Incontinence/Urgency • Pelvic Floor Dysfunction
Low Back Pain

Why choose Hillcrest Physical Therapy?

- Research shows that pelvic floor muscle rehab can produce a **73% cure rate and 97% improvement rate** for women with stress urinary incontinence.
- We can help individuals strengthen pelvic muscles to **gain bladder control and reduce the need for protective garments, medication and possibly surgery.**
- Hillcrest provides a designated room for a more private and comfortable treatment experience.



Jenifer Johnson, DPT

Jenifer has completed more than 45 hours of post-graduate education working toward a specialization in treating various women's health conditions, including incontinence, pregnancy/postpartum issues and osteoporosis, and has been providing women's health therapy since 2011. She received her doctorate in physical therapy from The University of Nebraska Medical Center in 2009 and also specializes in treating orthopedic and neurological conditions.

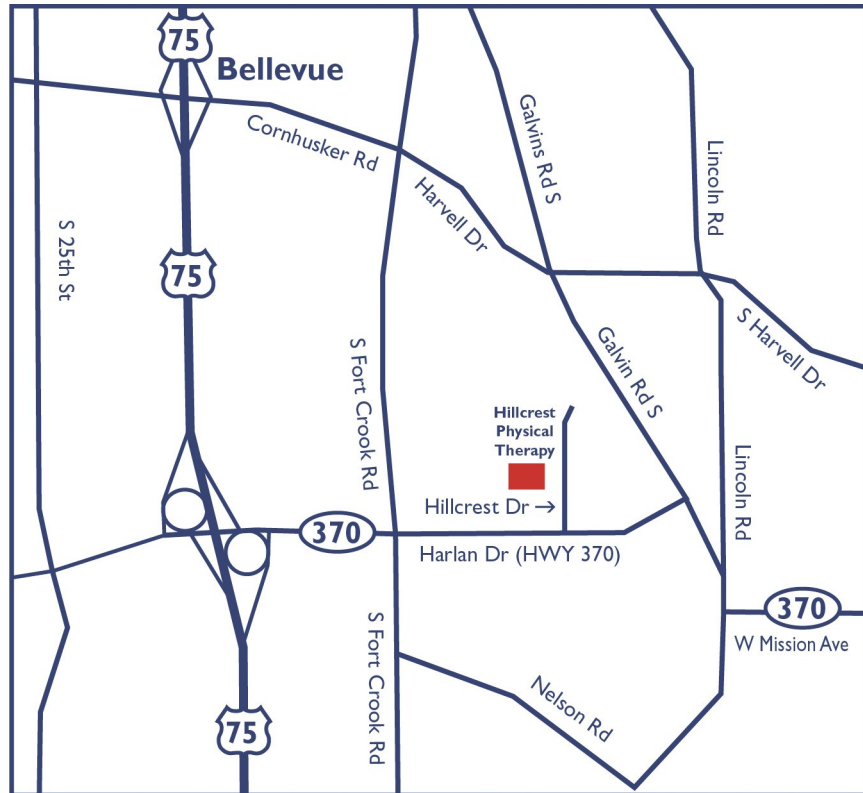
Hillcrest's Women's Health Team:

Jenifer Johnson, DPT (Team Leader)

Kimberly Book, OTR/L, OTD/CLT (Lymphedema Specialist)

Kathy Ramaekers, OTR/L (Lymphedema Specialist)

Angelica Pineda, PT and Jaime Carver, OTR (Osteoporosis Specialists)



Hillcrest Physical Therapy is located at 1804 Hillcrest Dr. in Bellevue at the corner of Harlan Dr. (Hwy 370) and Hillcrest Dr. From Hwy 75, take the exit for Hwy 370/Bellevue and travel east; turn left on Hillcrest Dr.

Outpatient Physical, Occupational & Speech Therapy

Certifications and Expertise

Aquatic Therapy
Hand Therapy
Geriatric Therapy
Balance Therapy
Korebalance™ System
LSVT-BIG & LSVT-LOUD
VitalStim® Swallowing
Therapy

Women's Health
Osteoporosis Management
Back Pain/Spinal Rehab
Stroke/Neurological Rehab
Lymphedema Management
Total Joint
Rehab Sports Therapy
Massage Therapy

(402) 682-4210
hillcresthealth.com



1804 Hillcrest Dr.
Bellevue, NE 68005
(402) 682-4210
Fax: (402) 682-4256
hillcresthealth.com