

HELPING WOMEN LIVE FIT AND PAIN FREE

By Christine Steele

A mother of three, Dr. Ashlee De Nooy, PT, DPT, didn't always want to focus on women's health. When she first shadowed a pelvic floor physical therapist in 2009, she swore she would never do that.

"I didn't have kids," she said. "I didn't see how much of an impact it made on women's lives."

After taking a continuing education course about pregnancy and postpartum care, she discovered that some of the problems she experienced during and after pregnancy could have been prevented. She was hooked on pursuing core and pelvic floor physical therapy.

"I just wanted to share that with as many women as I could," she said.

She started out as a mobile therapist, bringing her knowledge and experience to women in their homes. After taking some time off following the birth of her third child, Dr. De Nooy opened an office for her practice – Body Works Women's Health & Wellness in Greer. Now, just over two years later, she oversees a staff of three female therapists and offers a full range of therapies and treatments for women in the Upstate.

"Body Works specializes in helping women be fit, active and pain free through total body health and wholeness," explained Dr. De Nooy. "We specialize in helping women with anything from low back pain, hip pain, pelvic pain, pain with sexual activities, pelvic organ prolapse, stress and urge incontinence, diastasis rectus abdominis, pregnancy and postpartum."

Knowing what she knows, Dr. De Nooy said, "I wish anytime someone has a baby, they are automatically referred to a pelvic floor physical therapist."

Even starting during pregnancy, as early as 12 weeks – or earlier for those who are having symptoms or issues – women should make an appointment with a pelvic floor physical therapist to prepare for labor and delivery.



Left to right: Kelley Murray, PT; Danielle Moore; Dr. Elizabeth Eldridge, PT, DPT; Dr. Ashlee De Nooy, PT, DPT; Ingrid Roman; Dr. Lydia Glass, PT, DPT.

"I wish I would have known about this because I had no idea how to push a baby out," said Dr. De Nooy. "Now we have a program called Birth Ready to get a baseline and to stay feeling good. We cover everything from labor and delivery positions, how to prepare your body for delivery and how to push the right way."

Their Fit After Baby program is for women after they've had their baby,

either vaginally or cesarean.

"It's truly a game changer for recovery," said Dr. De Nooy. "Every woman should be referred to a PFPT even if mama is feeling great."

Even if you haven't had a baby, you can still have pelvic floor dysfunctions, explained Dr. De Nooy.

"We see women of all ages," she said. "When we're working with a woman, we are looking at their whole body. We don't just assess how their pelvic floor is functioning. We look at how they move, how they breathe and how their abdomen is moving."

Other programs Body Works offers include clinical Pilates, a low-impact exercise performed on a reformer that promotes overall strength, core stability and flexibility. Each semiprivate session consists of up to three students. Body Works also uses Real Time Ultrasound, which allows therapists and patients to see the pelvic floor and abdominal muscles in real time.

"We have a wonderful, diverse team that truly cares about each patient," said Dr. De Nooy. "This is a safe space. Very welcoming."

All programs are individualized for each woman and each condition.

"We help them go from having an issue to solving their problem to changing their life," said Dr. De Nooy. 

For more information, visit bodyworks-physicaltherapy.com.



Dr. Emily Miller, (left)
Dr. Nina Kennedy, (right)
Dr. Ashley Monell,
Dr. Brittany Scoggins-Moorhead

ENHANCED LIVING CHIROPRACTIC

Simpsonville, Greer, Travelers Rest and Inman

enhancedlivingchiro.com

@enhancedlivingchiropractic

*“We focus on finding
solutions for each patient so
that they not only get better
but stay well.”*

According to a 2019 National Board of Chiropractic Examiners survey, 67.3% of American chiropractors are male and 31.8% are female, while 57.4% of the patients seen by chiropractors are female. Dr. Nina Kennedy and her colleagues at Enhanced Living Chiropractic are committed not only to balancing the equation for female physicians but also to treating patients of all backgrounds.

“Our patients are not all made the same; they don’t heal the same or have the same pain,” said Dr. Kennedy. “We focus on finding solutions for each patient so that they not only get better but stay well.”

With four locations across the Upstate, including Simpsonville, Greer, Travelers Rest and Inman, Enhanced Living’s mission is to provide the communities they serve with exceptional chiropractic care. In addition to focusing on patients with back, neck and sciatic pain, the chiropractic team at Enhanced Living treats babies and children when they suffer torticollis from birth, have earaches or ear infections or experience falls from learning to walk or playing sports. The all-female provider team at Enhanced Living also cares for athletes of all levels to enhance their performance and reduce injury. They have advanced certifications in maternity, prenatal, pediatric and caring for joints beyond the spine.

Chiropractic care focuses on the short- and long-term effects of spinal misalignment because “issues that start at a younger age can stay with patients for years but don’t manifest as pain until some 20 years later. Like our teeth, maintaining our spine is necessary whether there is pain or not,” asserted Dr. Kennedy.

Enhanced Living’s providers adjust the spine by hand or instrument, based on the patient’s needs. They also recommend individualized strengthening and stretching exercises to improve the patient’s ability to hold the adjustment on their own without having to rely on constant chiropractic care.

“We love seeing patients get better and return to the activities that make a difference in their lives, whether they are traveling, playing with their children or grandchildren or working in their garden. We draw great satisfaction when patients return for monthly wellness care because they want to stay well,” she said.

Dr. Kennedy believes that her team’s success comes from listening to their patients and customizing their care: “My colleague, Dr. Emily Miller, brings years of exercise science education to our practice. That, along with my massage therapist experience, gives us an appreciation for how much our muscles are involved in the structural stability of the spine and nervous system.”

Dr. Ashley Monell is an avid animal lover, horseback rider and hiker. She believes all patients deserve care that is specific to their body. Dr. Brittany Scoggins-Moorhead, a lifelong softball player, experienced the benefits of chiropractic care from a very young age. She not only noticed improvements in athletics but also in the way her body felt overall.

Dr. Kennedy and the team at Enhanced Living bring their personal love of staying active and their desire to maintain the motility of the body to every patient interaction. They are passionate about chiropractic’s unique approach: boosting the body’s innate ability to heal and maintain itself. 

By Isabel Alvarez Arata