



Dr. Karla J. Gowan
PT, DPT, PCC, PRPC

Dr. Gowan earned her Doctorate (DPT) in Physical Therapy from the University of St. Augustine in Florida in 2003. Adding this extra curriculum afforded her a certification in Primary Care PT. Preceding her Doctorate, she received a Master's Degree in Physical Therapy from Idaho State University in 1997 and a Bachelor's Degree in Health Sciences from Boise State University in 1995. Her most recent accomplishment in 2013 is a certification in Pelvic Health from the Pelvic Rehabilitation Institute. Dr. Gowan has been a member of Newport Hospital's Rehabilitation Team since 2006.

Professional Associations include:

- Member of the International Pelvic Pain Society
- Member of the American Physical Therapy Association
- ID Physical Therapy Association
- Member of the American Spondylitis Association

**Newport Hospital & Health Services
Rehabilitation**

Physical Therapy
Occupational Therapy
Speech Therapy

**714 W. Pine St., Newport, WA
(509) 447-9308**



**Newport Hospital & Health Services
Rehabilitation Services**

***Women's Health
Specialty Service
in Physical Therapy***

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Dr. Karla Gowan specializes in Pelvic Health conditions

Pelvic Pain

One third of all gynecological visits are due to pelvic pain.

Incontinence

There are different types: Stress, urge, mixed, functional, transient, and over flow.



Bowel and Bladder dysfunction

Cystocele/Prolapse/
Rectocele,

Incontinence and Constipation: Surgery is not the only answer for Pelvic Organ Prolapse and Incontinence.

Low back and hip pain – Often low back, hip and pelvic pain are experienced together.

Osteoporosis – Weak and thinning bones can be helped with weight bearing exercise and nutrition.

Osteoarthritis - Improving posture and mobility decreases arthritis pain and progression.

Core Weakness - Weakness in the trunk and pelvic muscles can contribute to core weakness influencing back pain, incontinence, and risk of falls.

Abdominal Scarring – Scars from abdominal surgeries and injuries may contribute to back pain and bowel and bladder issues.

Pregnancy and Postpartum – Pelvic pain and dysfunction during and after pregnancy may be common but it is not acceptable.



Talk to your doctor...

It's important to discuss any of these issues with your primary care doctor. Together, you can determine the right treatment plan for your symptoms. If you have not yet established your primary care with Newport Hospital and Health Services, call (509) 447-3139.

Rehabilitative therapies require doctor's orders prior to beginning treatment. If you have questions regarding insurance coverage, you may call Newport Hospital and Health Services Rehabilitative Services at (509) 447-9308.



*And though she be
but little, she is fierce.
~William Shakespeare*