



CRAWFORD COUNTY MEMORIAL HOSPITAL

MILLER CREDITS WIEMAN WITH GETTING BACK HER MOBILITY AND POWER

“I like to keep a very active lifestyle, so I’ve gotten into power lifting in the last few years.”

Those are the words of Bria Miller who came to Crawford County Memorial Hospital (CCMH) to seek out physical therapy assistance.

“I was having a lot of back injuries with my power lifting and some other issues, too,” Bria explained. “With my job, I sit a lot – I drive almost all day – and I wasn’t compensating for that so I’d drive all day and then try to lift right after work. I’ve had some mobility issues, and that’s why I sought Kelly out.”

“Kelly” is Kelly Wieman, the director of the Physical Therapy department at CCMH. She provides pelvic floor therapy, a very specialized type of physical therapy designed to help people eliminate pain and gain back important functions.

Bria went on, “I found Kelly through Facebook. CCMH had posted online about Kelly and her Pelvic Floor Therapy, and someone that I’m friends with on Facebook must have liked or shared it. I had a chiropractor in Cherokee who had a good friend in college who was a Pelvic Floor Therapist. He and I talked a bit about pelvic floor therapy. Then, from that discussion, I remembered the post about Kelly in Denison. So, I figured, what the heck. I might as well go see her and see if we can figure things out.”

“I saw Kelly for eight or ten sessions, and then I did some therapy at home,” Bria remembered. “Kelly would give me a homework sheet and tell me to work on certain exercises and stretches at home. I went once a week, and then toward the end of therapy I was going every other week. Everything was good.”

Did the pelvic floor therapy with Kelly at CCMH meet Bria’s expectations?

“Not exactly but in a good way. Kelly went a lot more in depth than what I expected. She had full explanations for everything, especially coming from the lifting. It was a great experience. In the past there were some days I could hardly walk. Now I can lift heavy weights again. I improved my mobility, and in the lifting world, that means better results. I absolutely achieved all the goals I was working toward.”

Bria credits her improved quality of life to Kelly Wieman and CCMH.

“I would absolutely tell people to make the drive to see Kelly. I drove 45 minutes one way, once a week, and I’d happily do it over again to see her.”



Kelly Wieman, PT, DPT, OCS, has been the Director of Physical Therapy Services at CCMH for the past two years.