



For Brittany McCall, profession stems from the personal. A 2008 graduate of Nevada High School, McCall knew she wanted to pursue women's health physical therapy after her first contact with the specialty. After her mom, Arlyce Kroese, was diagnosed with breast cancer, she underwent a successful mastectomy but developed a frozen shoulder as a result. Kroese saw a women's health physical

therapist to treat her shoulder, sparking an interest which led Brittany to pursue physical therapy, her specialty already in mind. After completing her undergraduate degree at Iowa State University, McCall went on to Des Moines University, where she studied physical therapy and women's health, earning her doctorate. This year, she completed an internship in women's health at the Des Moines University Clinic, a pelvic health physical therapy course certifying her for internal assessments, and a two week course in lymphedema. To McCall, women's health physical therapy is something of a misnomer. While many of the conditions treatable under the specialty pertain specifically to women, McCall says she hopes to see patients of all genders, treating for issues such as constipation, lymphedema, back or pelvic pain, and incontinence. In regards to incontinence, McCall says that "just because its common doesn't mean its normal", adding that women who experience leakage

following childbirth are common patients to her specialty. Another common ailment women's health physical therapy can treat includes painful intercourse, often caused by pelvic muscles that are either too tight or too loose. Women's health physical therapy can also provide benefits for women throughout pregnancy, ensuring optimal rebound following birth. McCall is excited to bring her specialties to central Iowa, where she says there is a great need, particularly in regards to her lymphedema training. The lymph system carries fluid throughout the body alongside blood vessels, but can fail after lymph node removal, often done in treatment of breast cancer. When the lymph system fails, fluid accumulates and creates swelling in the arms and or legs. McCall uses a variety of techniques to move the fluid manually, reducing swelling. She will also use her knowledge to educate patients on how to better reduce this swelling on their own, using posturing and exercises. Utilizing a full-body approach and her extensive training, McCall is excited to treat a variety of patients with 21st Century Rehab at the Story County Medical Center North Campus on Tuesdays, Thursdays, and Fridays. McCall is just as excited to return to Nevada, where she recently bought a home with her husband, Josh. "I saw myself coming back while I was growing up and the opportunity arose and everything fell into place." In the future, McCall hopes to continue her training for pregnant women and for breast cancer patients like her mom, who brought her to these specialties in the first place.