

## MEDIA ADVISORY

November 2, 2021



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# THE ENDOMETRIOSIS FOUNDATION OF HOUSTON ANNOUNCES PHYSICAL THERAPY SCHOLARSHIP PROGRAM FOR PATIENTS

**[Houston, Texas, November 2]** - The Endometriosis Foundation of Houston is proud to announce its pilot program, Healing Hou: Pelvic Floor Physical Therapy Scholarship. The nonprofit will launch the scholarship program in 2022 and will begin accepting applications in January. For the initial round of the program, the organization will pay for up to 10 sessions of physical therapy for each of the two scholarship recipients. The recipients will work with Dr. Karen Kowenski, an Endometriosis Foundation of Houston Advisory Board Member and a trusted, well-respected physical therapist in the greater Houston area.

“Pelvic floor physical therapy changed my life,” said Alison Landolt, president and cofounder of the Endometriosis Foundation of Houston. “Pelvic floor physical therapy was one of the treatments that truly made a difference in my pain. But for too many, the cost is a barrier. That’s why I set out with EFHou to help people access a treatment so close to my heart.”

### **Healing Hou: Pelvic Floor Physical Therapy Scholarship Program**

Endometriosis is a systemic disease impacting the whole body. Excision surgery is the cornerstone of endometriosis treatment, but it is one part of a multidisciplinary approach. Pelvic floor physical therapy is another crucial part of the healing process. The body reacts to pain by tensing muscles at or near the pain, over time resulting in even more distress and dysfunction. Pelvic floor physical therapists can use techniques to ease muscle tension, retrain and correctly strengthen muscles, and more to help patients improve their quality of life.

Unfortunately, such treatment is often too expensive to pursue. The nonprofit hopes to ease the stress caused by the heavy financial obligations that endo throws our way by decreasing barriers to

multidisciplinary care, starting with pelvic floor physical therapy.

### **LEARN MORE**

To stay updated about the Healing Hou: Pelvic Floor Physical Therapy Scholarship, please [subscribe to our newsletter](#).

### **CONNECT**

Follow the Endometriosis Foundation of Houston on Facebook and Instagram at @EFHou. Follow us on Twitter at @ef\_hou. You can also visit <https://www.efhou.org>.



*Logo for EFHou's pilot program, Healing Hou: Pelvic Floor Physical Therapy Scholarship*

### **About the Endometriosis Foundation of Houston:**

*The Endometriosis Foundation of Houston (EFHou) is a 501(c)(3) tax-exempt, charitable organization created with the purpose of increasing disease recognition, offering vital support services to tens of thousands of individuals battling with endometriosis in the Bayou City and helping connect patients, communities, stakeholders and healthcare providers to promote advocacy programs nationwide.*

*EFHou provides reliable, accurate information to those battling the disease and seeks to address the ongoing need for endo awareness, advocacy, legislative support and research assistance.*

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