

What Treatments Do We Provide?

Based on patients' needs, we will set up a treatment plan that may include the following:

- Therapeutic exercise
- Electrical stimulation
- Biofeedback
- Ultrasound
- Manual therapy
- Neuromuscular re-education
- Educational instruction
(bladder retraining, skincare, dietary modifications, behavioral strategies)

How Can You Follow Up?

If you have questions about bladder control, please call us at 508-765-3120.



Rehabilitation Services at Harrington:

- Physical Therapy
(includes Bladder Control)
- Occupational Therapy
- Audiology
- Speech Therapy

For more information about Rehabilitation Services, please call 508-765-3120.

*Bladder Control.
Another example of
Harrington's TLC—
Total Local Care.*

Harrington
HOSPITAL
Total Local Care

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www.harringtonhospital.org

BLADDER CONTROL

Harrington

HOSPITAL

Total Local Care

Helping You With Bladder Control



www.harringtonhospital.org

Why Suffer Any Longer?

It's not uncommon for women to have incontinence problems, especially as they get older. They may leak urine when they cough, laugh, or sneeze. They may get up several times during the night to go to the bathroom. In more advanced cases, they have trouble getting to the bathroom in time.

Bladder control problems can certainly affect women's confidence and social interactions. Too often, they produce stress, and women suffer in silence. Why? Some women feel embarrassed. Many assume that no adequate treatment programs are available. Well, that is changing—and now, specialized care is available right here at Harrington.

Our Bladder Control Program, provided in a comfortable environment, treats women with incontinence and helps them manage on their own. We help women regain control of a key part of their life—and in the process, save significantly since they will no longer need to buy sanitary napkins.

With a physician referral, patients can benefit from our services and receive coverage from most major insurance plans.

What Makes Our Program Special?

To address a void in specialized incontinence services in local communities, we launched our Bladder Control Program in 2008. Under the supervision of our Director of Rehab Services, two of our Physical Therapists—professionally trained in Female Pelvic Floor Rehab/Incontinence—now provide state-of-the-art treatments to women of all ages.

We are the only clinic in the area where expert therapists provide comprehensive services with the aid of advanced technology, including electrical stimulation and biofeedback. The good news to local women is that they don't need to drive to Worcester or Boston to receive the best of care.

What results can women expect? We've seen conditions improve within a couple of weeks.

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How Does Our Program Work?

After patients receive a referral, they complete a background form before their first appointment. At this appointment, our therapist conducts a patient evaluation and reviews treatment options, including home programs consisting of biofeedback and/or muscle relaxation equipment. After a treatment plan is established, most patients are scheduled for weekly or bi-weekly, one-hour Physical Therapy appointments for a total of six to eight sessions.

At the conclusion of our program, we send a discharge summary to patients' primary care physicians, and we counsel patients about managing on their own.

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