

## What Treatments Do We Provide?

**B**ased 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)



## Incontinence Therapy

20 Southbridge Road  
Charlton, MA

Early morning  
and late afternoon  
appointments  
available.

Ph: **508-434-1435**

Fax: **508-434-1436**

*We accept all major insurances.*

**Harrington**

HEALTHCARE SYSTEM

*Total Local Care*

[www.harringtonhospital.org](http://www.harringtonhospital.org)

INCONTINENCE THERAPY

**Harrington**

HEALTHCARE SYSTEM

*Total Local Care*

## Helping You With Bladder Control



[www.harringtonhospital.org](http://www.harringtonhospital.org)

## Why Suffer Any Longer?

It's not uncommon for women to have incontinence problems, especially as we get older. We may leak urine when we cough, laugh, or sneeze. We may get up several times during the night to go to the bathroom. In more advanced cases, we may 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 Incontinence Therapy program provides 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.

With a physician referral, you can benefit from our services. This therapy is covered by most major insurance plans.

## What Makes Our Program Special?

Harrington HealthCare has an established program for incontinence and bladder control. Professionally trained Physical Therapists in Female Pelvic Floor Incontinence 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.

You don't need to drive to Worcester or Boston to receive the best care - Harrington HealthCare System can offer you individualized and compassionate therapy programs close to home.

What results can women expect? We've seen conditions improve within 2-3 weeks.

---

*"We are the only clinic in the area where expert therapists provide comprehensive services with the aid of advanced technology..."*



## Safe, Effective Alternatives to Surgery

At your first appointment our therapist will conduct a patient evaluation and review treatment options. 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.

Upon completion of therapy, the patients' physician is provided with a summary of their care and patients are educated in self management techniques.