



Advanced Physical Therapy

In addition to surgical solutions, Harrington has physical therapists specifically trained in pelvic floor dysfunction and pelvic pain syndrome who can provide comprehensive treatment, including:

- Therapeutic exercise
- Biofeedback
- Manual Therapy
- Ultrasound

Our therapists provide compassionate care and help people of all ages with their symptoms.

If you have questions about our pelvic floor therapy, please ask your doctor for a referral or call us at 508-434-1435. We are located at 20 Southbridge Road (Route 169) in Charlton.

OUR LOCATIONS

Urogynecology Services
100 South Street, Suite G05
Southbridge MA
(508) 765-5981

Harrington Rehabilitation
(Physical Therapy Services)
20 Southbridge Road
Charlton MA
(508) 434-1435

Harrington
PHYSICIAN SERVICES

Compassionate Quality Care

www.harringtonhospital.org

BLADDER & PELVIC FLOOR DYSFUNCTION



Treatment for Pelvic Floor Dysfunction



Rev 1/2019

Get Back To Daily Activities

Millions of men and women experience pelvic floor dysfunction symptoms, especially as we get older. We may leak urine when we cough, laugh, or sneeze. We may experience associated sexual problems or have pain and pressure in the pelvic area.

Bladder and pelvic floor problems can certainly affect a person's confidence and social interactions. Too often, they produce stress; individuals feel embarrassed or 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 within our Harrington OB/GYN office provides women with a comfortable environment and can help manage on their pelvic floor disorders.

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

What Makes Our Program Special?

Following a consultation, patients may receive advanced urodynamic testing—a real-time evaluation of a woman's bladder performed in our office. This testing allows us to pinpoint diagnoses, including:

- cause of the urinary incontinence;
- if a patient has an overactive bladder;
- if a patient has an underactive bladder;
- if a patient has sensory issues.

After diagnosis, we further consult with the patient before proceeding with a treatment plan, which can often include physical therapy (*see inner panel*).

Appropriate surgical repair or non-surgical options will be discussed as treatment options for prolapse and incontinence, if conservative measures fail to correct a patient's problem.

