Our services include but are not limited to:

- Urinary incontinence
  - **Stress**: the unintentional loss of urine with activities such as sneezing, coughing, lifting and exercise
  - **Urge**: involuntary loss of urine associated with a strong desire to void
  - **Mixed**: presence of both urge and stress incontinence
  - **Overflow**: releasing small amounts of urine frequently, due to the bladder being constantly filled
- Fecal incontinence
- Pre- and post-prostatectomy
- Pregnancy-related orthopedic conditions
- Constipation
- Urgency and frequency
- Pelvic pain
  - **Prostatitis**: swelling and inflammation of the prostate gland
  - **Vaginismus**: involuntary tightness of the vagina during attempted intercourse
  - **Dyspareunia**: painful sexual intercourse
- Interstitial cystitis: painful bladder syndrome
- Vulvodynia: vulvar pain
- Proctalgia: muscle spasm of the rectal area
- Pudendal Neuralgia: inflammation of the Pudendal Nerve

Our treatments include but are not limited to:

- Manual therapy including trigger point release, myofascial release, scar massage and soft tissue mobilization
- Biofeedback
- Therapeutic exercises, including stretching and strengthening exercises
- Behavioral modification
- Patient education
- Bladder retraining
- Relaxation techniques
- Ultrasound
- Electrical stimulation

Directions to Norwood Performance Therapy

Norwood Performance Therapy is located next to SMG Norwood Orthopedic Associates off Boston Providence Turnpike (Rte. 1) in Norwood, MA near the Norwood South Park shopping plaza. There is plenty of free parking for patients and visitors in front of the practice.