

# Physical Therapy and Rehabilitation at Norwood Hospital

# Pelvic Floor Rehabilitation

Norwood Performance Therapy offers comprehensive Pelvic Floor rehabilitation services to assist women and men from adolescence to adulthood with pelvic floor damage or trauma. The program focuses on improving the strength and function of the muscles that support the bladder, urethra and other organs within the pelvis. Our program is staffed by physical therapists who specialize in urinary incontinence and pelvic organ prolapse. Education is provided by our trained physical therapists in a comfortable, private setting. For an appointment or for more information, contact us at **(781) 278-4500** or go to [norwood-hospital.org/NPT](http://norwood-hospital.org/NPT)

## 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.

### Norwood Performance Therapy

1343 Providence Highway (Rte. 1) Norwood, MA 02062

Phone: 781-278-4500 | Fax: 781-769-1915

[norwood-hospital.org/NPT](http://norwood-hospital.org/NPT)

