

Holy Family Hospital provides occupational and hand therapy services to support patients as they work to rehabilitate upper extremity surgeries, injuries and disorders. Our certified hand therapist, Mary Hayes-Whinery provides custom splinting, modalities, exercise, wound/scar management and ADL retraining to help patients return to performing everyday functions.

Conditions that can be treated include, for example:

- Upper extremity fractures, sprains
- Tendon, nerve, ligament, vascular repairs
- Replants, tendon transfers, reconstructions
- Tendonitis, tenosynovitis
- Complex regional pain syndrome
- Amputations
- Carpal tunnel syndrome
- Ulnar neuropathies
- Rheumatologic conditions
- Osteoarthritis
- Rheumatoid arthritis

For more information on occupational and hand therapy services at Holy Family Hospital's outpatient rehabilitation center, call 978-687-0156, ext. 2050.



Holy Family Hospital's certified hand therapist, Mary Hayes-Whinery, prepares a custom splint for a patient.

Several Conditions Can Cause Pelvic Pain

For women, the cause is often the reproductive system



With the assistance of guided imagery, pain management specialist Stephanie Gianoukos, MD gives an injection to a patient suffering with pelvic pain.

When pain occurs in the lowest part of the abdomen and pelvis it is called pelvic pain.

It can arise from the digestive, reproductive or urinary systems, as well as muscles, connective tissue and nerves within the pelvis.

Although pelvic pain often refers to pain in the region of women's reproductive organs, pelvic pain can also be present in men.

Pelvic pain can occur suddenly or be present for a long period of time. The pain can be constant or intermittent, dull or sharp, mild to severe, or present only at certain times, such as during urination or sexual activity. It can also radiate to the lower back, buttocks or thighs and can be a symptom of infection.

In men and women, pelvic pain can occur from a variety of conditions that include appendicitis, chronic constipation, Crohn's disease, ulcerative colitis, diverticulitis, fibromyalgia, inguinal hernia, intestinal obstruction, irritable bowel syndrome, interstitial cystitis, kidney stones, prostatitis, urinary tract infections, pelvic floor muscle spasms, past physical or sexual abuse, and colon cancer,

For women, pelvic pain can also indicate a problem with one of the reproductive organs – the uterus, ovaries, fallopian tubes, cervix, or vagina.

Under these circumstances, pain can be from menstrual cramps, miscarriage, ovulation, ovarian cysts and other ovarian disorders, benign uterine fibroid tumors, ectopic pregnancy or other pregnancy-related

conditions, pelvic inflammatory disease, endometriosis, and cervical, uterine or ovarian cancer.

Other symptoms include vaginal bleeding, vaginal spotting, vaginal discharge, painful or difficult urination, constipation or diarrhea, bloating or gas, blood in stools, pain during intercourse, fever or chills, and pain in the hip or groin areas.

Sudden and severe pelvic pain may be a medical emergency that

needs immediate medical attention. Pelvic pain that is new should be checked by a doctor. For chronic pain, see a doctor if it is disrupting daily life or has gotten worse over time.

“Procedures for pelvic pain in women typically include injections of steroids and local anesthetics performed under x-ray guidance, said Holy Family Hospital and Merrimack Valley Hospital Pain Management Specialist Stephanie Gianoukos, MD. “These outpatient procedures numb the nerves providing pain relief to the pelvis, and can last up to six months.”

To determine the cause of pelvic pain, your doctor will likely ask several questions about your symptoms and past medical problems, and perform a physical exam. He/she may also ask for lab work such as blood tests, urine tests, a pregnancy test for women of reproductive age, a stool test, and cultures for sexually transmitted diseases. Further studies could include abdominal and pelvic x-rays, a bone density test to determine bone strength, a CT scan or laparoscopy to see inside the pelvic area, or a colonoscopy.

Treatment depends on the cause, how intense the pain is, and how often it occurs. Sometimes pelvic pain is treated with medications, including antibiotics, and sometimes it involves procedures, including surgery.

For more information about the Centers for Pain Management at Holy Family Hospital and Merrimack Valley Hospital please visit www.Steward.org/Pain-management.