

RFGH Rehab & Fitness

Physical Therapy & Pelvic Health

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Common Conditions Include...

Bladder:

Urinary leakage
Urinary retention
Pain with urination
Urinary frequency
Urinary urgency

Bowel:

Constipation
Diarrhea
Bowel leakage

Pelvic Symptoms:

Painful bladder syndromes
Pelvic organ prolapse
Vaginal or vulvar pain
Pain with sexual activity
Pelvic muscle spasm
Tailbone pain
Sacroiliac pain

Pregnancy/Postpartum:

Diastasis recti
Safe return to exercise
Pain with childcare tasks
Persisting urinary leaks
Scar related pain
Core muscle weakness
Abdominal pain

Menopause:

Genitourinary Syndrome
of Menopause (GSM)
Changes in muscle mass
Changes in bone density

The Pelvic Health therapists at RFGH Rehab & Fitness have specialized training and experience in the evaluation and treatment of pelvic floor dysfunction and related conditions.

Foundational Approach

A physical therapy approach to pelvic health may address a variety of impairments that PTs are already well known for managing:

- Muscle weakness
- Muscle shortening
- Muscle coordination
- Muscle tension
- Scar tissue
- Trigger points
- Nerve entrapment
- Posture/alignment
- Body mechanics

PTs also provide education when modifiable factors that may influence symptoms, or impact desired outcomes, are identified. For example:

- Hydration habits
- Voiding habits
- Bladder irritants
- Partner communication
- Impact of stressors
- Recovery expectations
- Mindfulness
- Information gaps

Collaborative Effort

Working with a Pelvic Health PT is a team effort. Often, the PT serves as an investigator and guide while it is up to the individual to follow through on recommendations.

Discussions about goals, treatment priorities, and expected results are ongoing as the therapists work to help each individual progress toward an optimal outcome.



Not sure if a Pelvic Health PT might be able to help?

Just ask!

The Pelvic Health PTs at RFGH are happy to answer questions about treatment options, their skills, and whether or not a PT consultation might be beneficial.

Other Details:

Pelvic Health PT is typically covered by health insurance, however, specific coverage details will vary based on individual plans.