Did you know?

• Diastasis Recti can cause low back pain.
• Hand splinting can help with prenatal Carpal Tunnel Syndrome symptoms.
• Exercise may help incontinence problems.
• Decreased estrogen plays a role in weight gain. Exercise helps prevent menopause related weight gain.
• Poor body mechanics can lead to vertebral fracture in osteoporotic spines.
• Scar tissue release and core stabilization can help relieve pelvic pain symptoms.

Saint Agnes Rehab
Mailstop 047
900 Caton Avenue
Baltimore, MD 21229
667-234-2800 (phone) • 667-234-3532 (fax)
Women’s Health Program

Our goal is to provide the highest quality of therapy in order to respond to women’s needs throughout their life cycle. We offer rehabilitation programs for:

- Orthopedic conditions
- Pregnancy and postpartum
- Continence control problems
- Pelvic pain
- Post-surgical breast cancer recovery
- Lymphedema management
- Osteoporosis

All treatment programs are individualized and developed in cooperation with the patient’s physician. A physician’s referral is required.

Program Highlights

1. Pregnancy and Postpartum
   Treatment of musculoskeletal dysfunctions that may arise during or after pregnancy, including:
   - neck and postural pain
   - back pain
   - pelvic pain
   - muscle spasms or weakness
   - post-cesarean recovery
   - sciatica and sacroiliac dysfunction
   - pubis symphysis dysfunction
   - diastasis recti
   - carpal tunnel syndrome

2. Continence Control
   Individualized physical therapy evaluation and treatment of urinary incontinence utilizing muscle re-education, strengthening and behavioral techniques.

3. Pelvic Pain
   Treatment of pelvic pain conditions via manual therapeutic techniques, relaxation & stretching, muscle re-education, core strengthening and scar tissue release.

4. Post-Surgical Breast Cancer Recovery
   Treatment of women post mastectomy or post lumpectomy for conditions of lymphedema, restricted range of motion, weakness, pain and scar adhesions. Treatment may include manual lymph drainage, lymph bandaging, scar management, soft tissue mobilization, exercise and compression pumping as needed.

5. Osteoporosis
   The therapist provides an evaluation of posture, strength, range of motion and exercise tolerance. Treatment may include manual soft tissue techniques and exercise to improve posture and to prevent further bone loss. Rehab provides individualized recommendations to improve activities of daily living and instruction in use of proper body mechanics.

All treatment is administered by licensed physical and occupational therapists. Our therapists specialize in OB/GYN physical therapy and manual lymph drainage in addition to general therapeutic techniques.

Patients are expected to be responsible for:

- Providing information about past illnesses, hospitalizations and current medications
- Obtaining a physician’s referral