



Take control of your bladder, bowels, & confidence.

Many women experience 'leaks.'

We can help.

Many women accept leaks as a normal part of aging or result of pregnancy. A pelvic floor specialist gives you the tools to take back control.

*Call us at **603.542.1878** to schedule an evaluation today.*



PRIMARY CARE

Valley Primary Care
(603) 542-6700

Valley Regional Primary Care Physicians | Newport
(603) 863-6400

SPECIALTY CARE & OTHER SERVICES

Occupational Medicine
(603) 542-1825

Orthopaedics
(603) 542-7666

Podiatry & Peripheral Nerve Surgery
(603) 542-7666

Pulmonology
(603) 542-6777

Rehabilitation & Audiology
(603) 542-1878

Urgent Care
(603) 542-7888



- Cardiology(603) 650-5724
- General Surgery(603) 542-6777
- Midwifery(603) 542-6777
- Norris Cotton Cancer Center ..(603) 542-6777
- Pulmonology.....(603) 542-6777
- Urology(603) 542-6777
- Women's Health OB/GYN(603) 542-6777

(Physician Partnership with Dartmouth-Hitchcock Providers)

243 Elm Street • Claremont, NH 03743 • VRH.org

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Pelvic Floor Physical Therapy



Take Back Control

What is Pelvic Floor Physical Therapy?

A strong pelvic floor is important for voluntary control of bladder and bowels, sexual function, stability when moving, and throughout pregnancy and labor. Our Pelvic Rehab Specialist works with you to strengthen your pelvic muscles to reduce pain, gain strength, and get you back to doing what you love.

Signs you may need Pelvic Therapy:

- Loss of bladder or bowel control, including leakage or inability to go
- Pain that limits your ability to participate in daily activities
- Pain during sexual intercourse
- Sensation of a “bulge” within your vagina

We treat:

- Pregnancy-related pain or dysfunction
- Urinary incontinence, frequency, or urgency
- Pelvic pain
- Pelvic organ prolapse
- Sacroiliac joint dysfunction
- Fecal incontinence

Evaluation & Treatment:

What can I expect?

Our therapist uses external and internal evaluation to identify dysfunction in muscles, tissue tightness, or altered sensation. Treatment may include exercise, relaxation training, bio-feedback, massage, and behavior modification.



Meghan Soby, DPT Doctor of Physical Therapy

Meghan graduated with a DPT from Simmons College in Boston. She specializes in orthopedic injuries and pelvic floor assessment and treatment for women.

In her free time she enjoys running, and hiking, as well as cooking for friends and family.

It's not just about Kegels

Kegels can help some women; however, not everyone will benefit. For some women, it can increase symptoms. Our therapist will evaluate you and create a customized plan focused on getting you back on the road to recovery.

