

## WHAT IS PELVIC HEALTH PHYSICAL THERAPY?

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### Comprehensive treatment for:

- ◆ Pelvic Pain
- ◆ Incontinence or Urinary Dysfunction
- ◆ Pregnancy & Postpartum
- ◆ Perimenopause
- ◆ Painful Intercourse
- ◆ Sexual Dysfunction
- ◆ Painful Menstruation
- ◆ Endometriosis
- ◆ PCOS
- ◆ Interstitial Cystitis
- ◆ Sacroiliac Pain
- ◆ Pelvic Organ Prolapse
- ◆ Trauma Informed Care

**And so much more!**



## Contact Us

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**Broad Reach Healthcare  
Outpatient Physical Therapy  
508 - 945 - 1611 ext 290**

**Pelvic Health Physical Therapist  
Dr. Carrie Spillane, PT, DPT, CLT  
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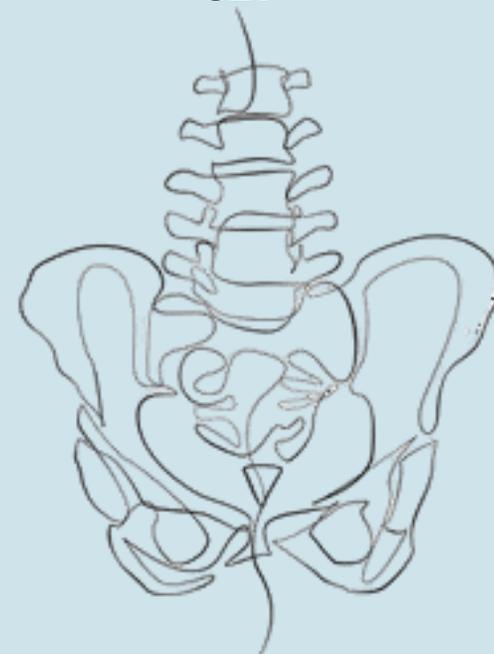
**BROAD REACH**  

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**HEALTHCARE**

## Pelvic Health Physical Therapy

**Provided by  
Dr. Carrie Spillane, PT, DPT,  
CLT**



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**OUTPATIENT PHYSICAL THERAPY**

## THE IMPACT OF OUR PELVIC FLOOR

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**Chronic pelvic pain** is estimated to affect 26% of the world's female population and accounts for 40% of laparoscopies and 12% of hysterectomies.

**Urinary incontinence** increases the risk of falls by 26% and risk of fractures by 35%.

A 2021 meta-analysis shows **significant benefits of physical therapy** treatment for chronic pelvic related pain compared with no intervention or placebo.

(Lopez-Liria et al., 2021)

(Lamvu et al., 2021, Mountain Pacific Quality Health, Banaei et al., 2021)

## ABOUT THE PROVIDER

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Dr. Carrie Spillane, PT, DPT, CLT graduated with her doctorate in physical therapy from Simmons University in 2014. She has experience treating a wide variety of diagnoses in both outpatient and inpatient settings.

She furthered her training in pelvic rehabilitation through Herman & Wallace and now treats disorders of the pelvic floor and surrounding musculoskeletal impairments.



## THE IMPACT OF OUR PELVIC FLOOR

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**Postpartum sexual dysfunction** prevalence is reported to be over 42%.

Up to 50% of women will develop **pelvic organ prolapse** over their life time.

An impaired ability to relax the **pelvic floor muscles** can impair functions like urination, defecation, and the ability to engage in sexual activity.

(Faubion et al., 2012)

(Scott et al., 2020, Carroll et al., 2022)