WHAT IS PELVIC HEALTH PHYSICAL THERAPY?

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

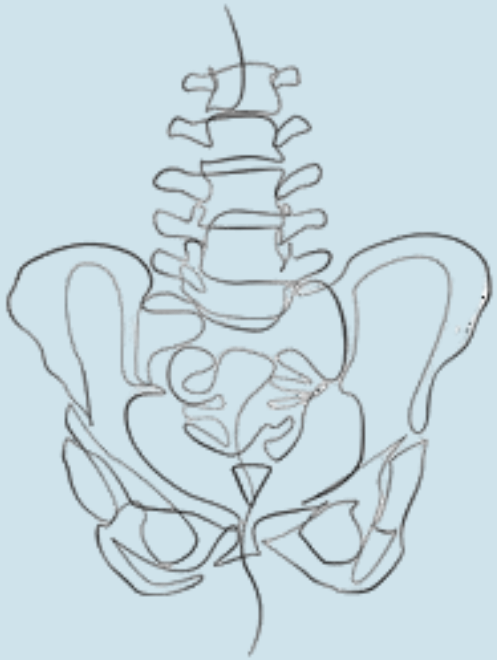
Broad Reach Healthcare
Outpatient Physical Therapy
508 - 945 - 1611 ext 290

Pelvic Health Physical Therapist
Dr. Carrie Spillane, PT, DPT
CarrieSpillane@ BroadReach Health. org

BROAD REACH
HEALTHCARE

Pelvic Health Physical Therapy

Provided by
Dr. Carrie Spillane, PT, DPT



BROAD REACH
OUTPATIENT PHYSICAL THERAPY

THE IMPACT OF OUR PELVIC FLOOR

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

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

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

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)