

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.



Ascension Saint Agnes Hospital

To learn more or to
schedule an appointment,
visit ascension.org

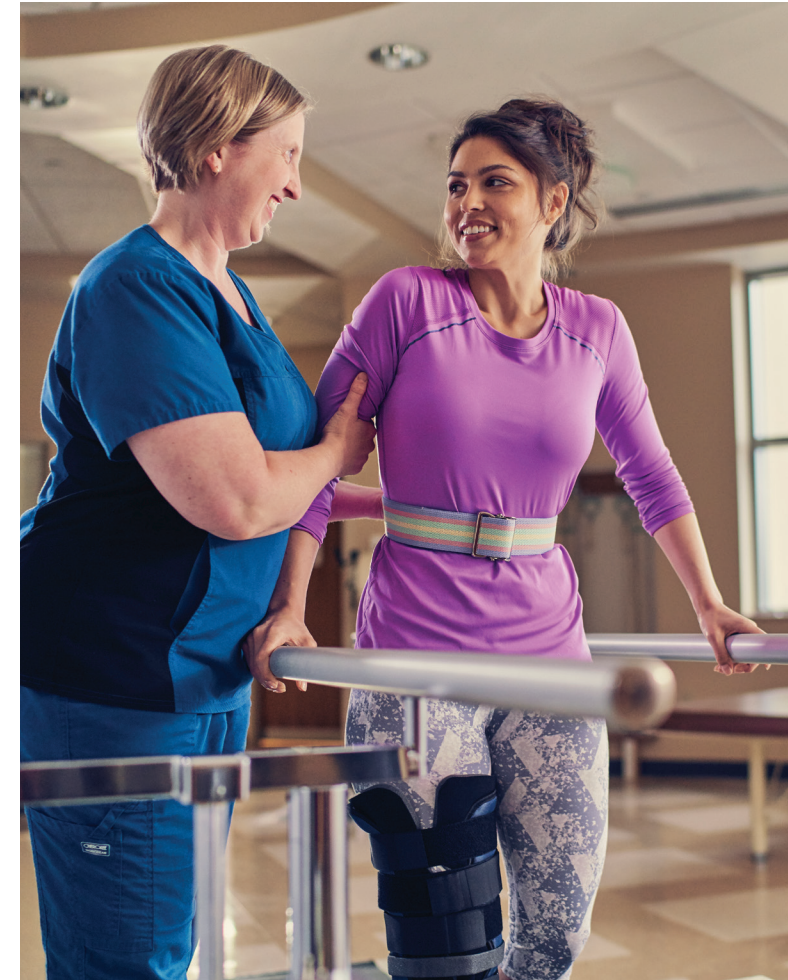
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Women's health rehabilitation



Physical and occupational therapy



Ascension
Saint Agnes Hospital

Women's health program

Our goal is to provide the highest quality of therapy 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 doctor. A doctor's referral is required.

Program highlights

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-Caesarean recovery
- Sciatica and sacroiliac dysfunction
- Pubis symphysis dysfunction
- Diastasis recti
- Carpal tunnel syndrome



For more information about our women's health program, call 667-234-2800

Continence control

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

Pelvic pain

Treatment of pelvic pain conditions via manual therapeutic techniques; relaxation and stretching; muscle re-education; core strengthening; and scar tissue release.

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.

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 doctor's referral