

Women's Health Program

at Ahlbin Rehabilitation Centers

If you have been diagnosed with **pelvic floor dysfunction** and are considering treatment, speak with your physician about a referral to the Women's Health Program. This comprehensive program provides an individual evaluation and physical therapy for female pelvic floor dysfunction through treatments that can help increase strength, decrease pain and improve function.

Designed for women who experience

- Urinary incontinence
- Pelvic floor pain (including dyspareunia, vaginismus, vulvar vestibulitis)
- Low back pain/sacroiliac dysfunction
- Prenatal/postpartum pain and weakness
- Hysterectomy (pre- and post-surgery)
- Organ prolapse (pre- and post-surgery)

Treatments are provided by Licensed Physical Therapists who have specialized training in female pelvic floor dysfunction.

LOCATIONS

Ahlbin Rehabilitation Centers
3585 Main Street
Stratford, CT 06614
203-380-4672 • Fax: 203-380-4674

Ahlbin Rehabilitation Centers
4 Corporate Drive, Suite 184
Shelton, CT 06484
203-925-4201 • Fax: 203-925-4206

Most health insurance plans cover the cost of this program. To participate, women must be referred by their physician (urologist, urogynecologist, OB/GYN or primary care physician) and have authorization from their insurance plan. All participants must have had a pelvic examination within the previous six months to rule out serious medical conditions.

For more information, please contact
Pamela Mongillo, PT, MS, OCS at
203-380-4672 or tpmong@bpthosp.org



AHLBIN CENTERS FOR
REHABILITATION MEDICINE
**BRIDGEPORT
HOSPITAL**
YALE NEW HAVEN HEALTH