

## Schedule an Appointment

Women's therapy services are offered by appointment only. Give us a call to discuss your therapy needs and to schedule an appointment. Please note, a physician's referral is required for therapy services.

### *Therapy Services Department*

#### PHONE

(217) 762-1830

#### HOURS

Monday-Friday,  
7:00am-5:30pm

#### ADDRESS

1000 Medical Center Drive  
Monticello, IL 61856

#### PHONE

(217) 762-2115

#### WEBSITE

[KirbyHealth.org](http://KirbyHealth.org)

#### EMAIL

[kirby@kirbyhealth.org](mailto:kirby@kirbyhealth.org)



## Women's Health Physical Therapy Services



## Care Designed Especially for Women

Kirby Medical Center's Therapy Services Department is pleased to offer physical therapy for a variety of women's health issues. These therapy services are designed to improve a variety of women's health conditions, decrease pain and improve quality of life.

Therapy services are provided by highly experienced, licensed and accredited therapists and support teams in a warm and compassionate environment.

### Therapy for Pelvic and Bladder Issues

Our therapists focus on issues that are important to women's health, such as pelvic pain and urinary dysfunction. Designed to decrease pain and improve quality of life, our physical therapy services may especially benefit women who have experienced childbirth or had a hysterectomy or bladder surgery.

*Women's physical therapy can treat a variety of conditions, including:*

- Urinary dysfunction
- Bladder leakage or bladder prolapse
- Painful intercourse
- Muscular pelvic floor laxity
- Abdominal pain
- Pelvic pain
- Low back pain

If you experience any of the listed conditions, please discuss the benefits of women's health physical therapy with your physician.



### What to Expect

A physical therapist with special training in women's health will provide your treatment. Therapy services begin with a patient evaluation and development of a customized treatment program. Services are provided in a discreet and comfortable setting, with one-on-one care from your therapist.

A main focus of women's health physical therapy is on addressing the cause of issues and teaching ways to manage your health condition, so you can move forward with improved quality of life. Typically, therapy sessions include one visit per week for 6-12 weeks.

