

What should I expect?

As a new patient, you will receive a thorough evaluation and one-on-one discussion with your physical therapist. If appropriate for your diagnosis, the evaluation may include a pelvic floor examination. Treatments take place in a private treatment area by a female physical therapist trained specifically in women's health.

Will my insurance cover physical therapy?

OCH participates with most major insurance carriers, including Medicare and Mississippi Medicaid. Please check with your insurance carrier prior to your evaluation to confirm that physical therapy services for incontinence, pelvic floor pain/dysfunction, lymphedema, pregnancy and post-partum musculoskeletal dysfunction, fibromyalgia, and/or osteoporosis treatment is a covered benefit. Most insurance companies cover physical therapy for musculoskeletal dysfunctions which includes these diagnoses.

Who can refer me to physical therapy?

Your primary care, specialist physician or nurse practitioner can refer you to physical therapy. After receiving a physical therapy referral/prescription, contact us at 662-615-3020 to schedule a physical therapy evaluation. Please bring the following items with you to your first visit: referral/prescription form, insurance cards, photo identification, medical and surgical history, copies of any pertinent medical test reports, and a list of current medications and allergies.

Specialized services to benefit women with a variety of medical conditions.

Incontinence

Pelvic Floor Tension/Pain

Obstetrical Dysfunction

Lymphedema

Fibromyalgia

Osteoporosis

WOMEN'S HEALTH

**Physical Therapy
Services**



Outpatient Rehabilitation Services
400 Hospital Drive
P.O. Drawer 1506
Starkville, MS 39760
662-615-3020



At OCH, physical therapists provide specialized services to benefit women with a variety of medical conditions. Our physical therapists have advanced training and knowledge in female anatomy and physiology. Female clients are evaluated and treated in a comfortable environment with individualized programs focusing on the unique musculoskeletal issues women face throughout their lives.

A physician's referral is necessary to initiate physical therapy evaluation and treatment.

Contact OCH Outpatient Rehabilitation Services at 662-615-3020 for more information.

The following medical conditions can improve with specialized physical therapy intervention:

Incontinence

Pelvic floor muscle weakness can contribute to incontinence—the loss of bladder (urine) or bowel (stool) control. Urinary incontinence is categorized as stress, urgency or mixed. Treatments include exercise, behavior modification, biofeedback and electrical stimulation.

Pelvic Floor Pain /Dysfunction

Pain symptoms can occur from problems with muscles, nerves or joints. Patients often have difficulty sitting, pain during intercourse or pain in the lower abdomen or hips. Treatment includes pelvic floor muscle relaxation, pain relief modalities, manual therapy and biofeedback.

Pregnancy and Post-Partum Musculoskeletal Dysfunction

Many pregnant women suffer from pain in the back, shoulder blades, rib cage, groin area or wrists due to changes in posture, weight or hormonal changes. Treatment interventions may include exercise, manual therapy, posture, positioning and maternity supports.

Lymphedema

Lymphedema is swelling of the arm or leg occurring after mastectomy, lymph node damage or removal, or infection. Lymphedema may occur weeks, months or years after the initial injury. Specialized massage techniques, compression garments and exercise are treatments.

Fibromyalgia

Fibromyalgia is a chronic condition of widespread, musculoskeletal pain with specific tender points. Other symptoms may include muscle stiffness and fatigue. Treatment focuses on promoting increased function by decreasing pain while increasing flexibility and strength. Treatment interventions may include exercise, aquatics, manual therapy and pain relief modalities.

Osteoporosis

Osteoporosis occurs when bones become thin, brittle and break easily. Therapy intervention includes posture, balance, body mechanics education, exercise and pain relief modalities.