

*Outpatient Rehabilitation
Services*

Women's Health Therapy

Comprehensive Treatment for
Women of All Ages



OUTPATIENT REHABILITATION SERVICES

Ballard

5300 Tallman Ave. N.W., 1-South
Seattle, WA 98107
T 206-781-6346

Cherry Hill

500 17th Ave.
James Tower, Suite 100
Seattle, WA 98122
T 206-320-2404

Factoria Rehab

12917 S.E. 38th, Suite 208
Bellevue, WA 98006
T 425-320-5430

First Hill

1101 Madison, Suite 200
Seattle, WA 98104
T 206-386-2035

West Seattle Rehab

3400 California Ave. S.W., Suite 100
Seattle, WA 98116
T 206-320-5510

www.swedish.org



The experienced therapy team at Swedish Outpatient Rehabilitation Services recognizes the unique health needs of women and is committed to providing highly skilled and personalized services that will meet a woman's health needs throughout her lifetime.

Women's health problems that may benefit from physical therapy include:

Incontinence (Adult and Pediatric)

- Fecal
- Urinary
- Mixed
- Stress
- Urge
- Dysfunctional Voiding
- Post-Prostatectomy

Pelvic-Floor Laxity

- Cystocele
- Enterocele
- Rectocele
- Prolapse
- Post-surgical complications

Pelvic Pain/Tension

- Constipation
- Dyspareunia
- Levator Ani Syndrome
- Non-Relaxing Puborectalis
- Piriformis Syndrome
- Vaginismus

Obstetrics/Gynecology

- Back Pain
- Thoracic
- Low Back
- Sacral
- Bed Rest/High-Risk Maternity
- Carpal Tunnel Syndrome
- Coccydynia
- Diastasis Recti
- DuPuytren's Syndromes
- Groin/Pubic Pain
- Headache
- Ligament Laxity
- Musculoskeletal
- Rib Pain
- Sciatica
- Thoracic Outlet Syndrome

Post-Surgical Conditions

- Abdominal Scar Adhesions
- Lymphedema
- Mastectomy Scar Adhesions

Exercise Classes

Swedish Outpatient Rehabilitation also offers exercise classes for new or soon-to-be mothers, or for women who need to manage the affects of osteoporosis.

