



## PHYSICAL MEDICINE & REHABILITATION

Day Kimball Healthcare offers comprehensive physical medicine and rehabilitation services, including Physical Therapy, Occupational Therapy and Speech/Language Pathology. Whether you've suffered an injury, are recovering from an illness or are living with a chronic condition, we're here to help you regain and retain as much ability and independence as possible.

Our services combine the expertise of physical therapists, occupational therapists, speech/language pathologists and a physiatrist, all working together and with your primary and specialty physicians, home care professionals and other healthcare providers, to help you restore or develop your physical mobility and functional skills.

No matter what your injury or age, we can help you recover and be as strong and active as you can be.

**Day Kimball Healthcare offers integrated, comprehensive care close to home. To learn more about all of our physical medicine and rehabilitation services visit [daykimball.org/physicalmedicine](http://daykimball.org/physicalmedicine).**



A community partner of  
YaleNewHavenHealth

### Physical Medicine & Rehabilitation

#### Physical Therapy

Day Kimball Healthcare Center  
12 South Main Street  
Putnam, CT 06260  
(860) 928-8360

Day Kimball Healthcare Center  
55 Green Hollow Road  
Danielson, CT 06239  
(860) 779-0252

Day Kimball Healthcare Center  
31 Dow Road  
Plainfield, CT 06374  
(860) 564-6241

For in-home services:

Day Kimball HomeCare  
Putnam office | (860) 928-0422

■ [daykimball.org](http://daykimball.org)

## Physical Therapy for Women's Health: Pelvic Floor Dysfunction

We are pleased to offer physical therapy treatments tailored especially to women's health. Members of our physical therapy staff have received specialized training designed to address the symptoms of pelvic floor and pelvic girdle dysfunction.

The pelvic floor includes a group of muscles, tissues and ligaments that support the organs in your pelvis, including the uterus, bladder and rectum. Certain conditions, injury, childbirth and other factors can cause the muscles of the pelvic floor to not work properly.

Physical therapy can help to effectively treat and alleviate these symptoms, which may include:

- urinary incontinence
- urinary urgency, frequency, hesitancy and other voiding dysfunctions
- pelvic organ prolapse
- pelvic muscle dysfunction
- vulvar pain
- pelvic floor pain
- chronic pelvic pain
- other pain disorders including abdominal pain, tailbone pain, pain with sexual activity, nerve pain syndromes, interstitial cystitis/painful bladder syndrome, and pain or weakness before or after childbirth

### Accessing Physical Therapy for Pelvic Floor Dysfunction

Simply ask your gynecologist or primary care provider for a referral to Day Kimball Healthcare Physical Medicine. Please note that specialty physical therapy for pelvic floor dysfunction is currently only available at our Physical Medicine office in Danielson.

During the initial evaluation, your therapist will ask questions relating to the onset and nature of your condition, previous and current functional level, the nature of any past and current medical history, and your goals for treatment. These questions, and others, will enable us to plan and coordinate your treatment for optimal results.

### Billing and Payment Information

Billing for physical therapy services delivered at any Day Kimball Healthcare location will come from Day Kimball Hospital. Please check with your insurance carrier for details about your specific coverage, copays, deductibles and any prior authorization requirements.

If you have questions about your bill or need help paying for care, please contact our team of financial counselors at (860) 963-6337 (at the prompt, enter option 2). For more information visit [daykimball.org/billing](http://daykimball.org/billing).

