

## First Visit and Therapy Expectations

Our job begins well before you arrive for your first appointment. From gathering referral information, verifying insurance coverage, to convenient scheduling, our staff covers the bases to ensure a worthwhile first visit. Upon arrival, the patient goes through a brief check-in process followed by a thorough initial evaluation performed by a licensed therapist.

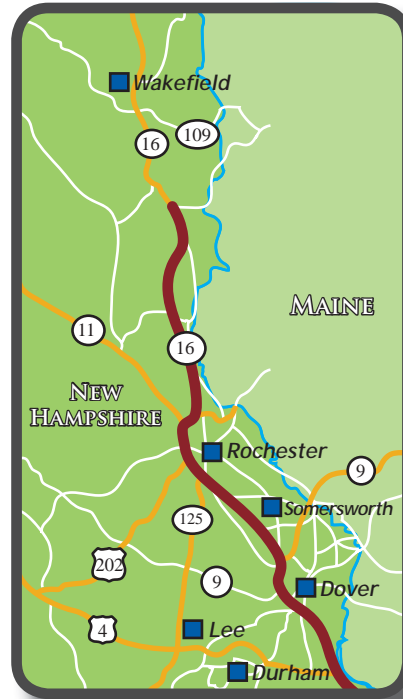
During the evaluation the therapist gathers information to create a plan of care specifically for you. Our therapists use up-to-date techniques and state-of-the-art equipment in your treatment. We spend time educating each person about their diagnosis, teaching them ways to help themselves while at home.

## Insurance

Rehab 3 is a participating provider with most insurance companies. For more information about coverage, please contact us directly.

## Financial Assistance

At Rehab 3 we aim to make medical care available to all patients regardless of their financial means. To do this we offer our Financial Assistance to ensure everyone who qualifies has access to the care they need. Please contact us directly to find out how to get started.



**Frisbie Memorial Hospital**  
*It's about People. Technology. Trust.*

95 South Main Street • Rochester, NH 03867  
Ph: 603-330-8952

**Marsh Brook**  
*Rehabilitation Services*

7 Marsh Brook Drive • Suite 101 • Somersworth, NH 03878  
Ph: 603-749-6686

**Wentworth-Douglass Hospital**  
*THE SEACOAST'S LEADING MEDICAL CENTER*

789 Central Avenue • Dover, NH 03820  
Ph: 603-740-2101

[www.rehab-3.com](http://www.rehab-3.com)

## Women's Health Program



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# Rehab 3 Women's Health Program

Our Women's Health Program provides treatment options for a wide variety of patient diagnoses; these include:

- Incontinence
- Pelvic Pain
- Pregnancy-Related Disorders
- Lymphedema
- Fibromyalgia
- Osteoporosis

Extensive knowledge of the pelvis and pelvic floor muscles, combined with comprehensive evaluative skills, allows our therapists to play a valuable role in the treatment of incontinence, pelvic pain, and pregnancy-related disorders.

## Incontinence and Pelvic Pain

Rehab 3 has highly skilled therapists that utilize a variety of treatment options, including pelvic

floor musculature strengthening, behavioral training, and the use of biofeedback to benefit this population.



## Pregnancy-Related Disorders

During pregnancy, women can be affected by a wide variety of distressing disorders. Some of these include Sacroiliac Dysfunction, incontinence, low back pain, and Carpal Tunnel Syndrome. Our therapists administer treatments that help relieve these symptoms and make the pregnancy more comfortable.

## Lymphedema

Lymphedema frequently occurs after lymph node removal during treatment of breast cancer. Our program can significantly improve lymphedema symptoms with Complete Decongestive Therapy. Decongestive Therapy is a wholistic approach

to care that combines a variety of techniques with exercise and education to reduce swollen limbs and improve quality of life.

## Fibromyalgia

Fibromyalgia is treated through a special, individualized program designed to assist the patient in regaining control over her life. The program stresses education, body mechanics, postural education and specially designed exercises. Our therapists also educate the patient in pacing, ergonomics, sleep hygiene, and mind-body techniques as a way of controlling symptoms.

## Osteoporosis

The program at Rehab 3 includes thorough evaluation, exercises designed to reverse poor postural patterns, instruction on activities of daily living, body mechanics and positioning, and modalities to treat symptoms of this potentially debilitating disease.



## Rehab 3

A partnership between Wentworth-Douglass Hospital, Marsh Brook Rehabilitation Services, and Frisbie Memorial Hospital, Rehab 3 offers comprehensive and coordinated rehabilitation services throughout Strafford and Carroll Counties. Responding to the needs of the community one person at a time.



*One High Standard, Three Local Partners*