

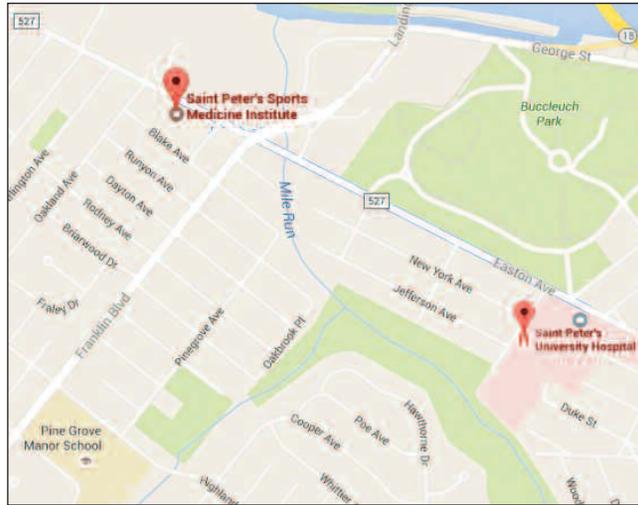
Meredith Rassam, PT, MSPT, a graduate of Northeastern University where she received a degree in physical therapy, has worked in outpatient orthopedics for 12 years. She has worked with athletes from a recreational to a professional level. Recently, she started working more with the pregnant population, which led to working with patients with postpartum pain. Looking more into the causes of pain, she understood the importance of the pelvic floor and took specialty courses in this area. She hopes to help women gain back confidence and return to activities they have stopped or avoided because of their personal issues with pain or incontinence.



Ann Hays, PT, is a graduate of New York University where she received her degree in Physical Therapy. Her clinical experience includes acute care, outpatient orthopedics, home care therapy and short term rehabilitation as well as experience in management and program development. She was instrumental in developing the student affiliation program at Saint Peter's University Hospital and is a credentialed Clinical Instructor.



For the past nine years, Ann has evaluated and treated patients with pelvic pain and incontinence issues using manual techniques, myofascial release, education and surface electromyography (EMG) biofeedback. She is currently working on her Certificate of Achievement in Pelvic Floor (CAPP-pelvic) from the American Physical Therapy Association (APTA). Ann is also a Certified Ergonomics Assessment Specialist (CEAS), providing individualized Back School sessions and worksite analyses.



Services available at two locations:

SAINT PETER'S SPORTS MEDICINE INSTITUTE

**562 Easton Avenue
Somerset, NJ 08873
732.565.5455
www.saintpetershcs.com/SportsMed**

PHYSICAL MEDICINE AND REHABILITATION DEPARTMENT

**254 Easton Avenue
New Brunswick, NJ 08901
732.745.8570
www.saintpetershcs.com**



Treating you better...for life.

Catholic hospital sponsored by the Diocese of Metuchen ■ State-designated children's hospital and regional perinatal center
Major clinical affiliate of Rutgers Biomedical and Health Sciences ■ Affiliate of The Children's Hospital of Philadelphia

Do You Experience Pelvic Pain?



What is pelvic pain?

- Pain in pelvis area or abdomen that has lasted longer than three months and not caused by diseases or conditions such as dyspareunia, dysmenorrhea, or endometriosis.
- Low back pain is common.

What are the symptoms?

- Twenty-five percent of women with chronic pelvic pain may spend 2-3 days per month in bed
- More than fifty percent limit daily activities 1-2 days/month
- Ninety percent have pain with intercourse
- Nearly 50% feel sad or depressed
- Difficulty voiding, defecating
- Limited sitting, difficulty sleeping, driving,
- Difficulty wearing tight clothing, jeans

You are not alone!

- One in seven American women, ages 18-50, experience this pain
- Sixty-one percent have no diagnosis
- Accounts for:
 - ❖ Ten percent of gynecologic visits
 - ❖ Twenty percent laparoscopic surgery
 - ❖ Twelve to 16% of hysterectomies

What can physical therapy do?

- Correct orthopedic malalignments
- Strengthen muscles
- Decrease soft tissue restrictions
- Improve quality of life
- Help you to return to a more active lifestyle



What can I expect during my physical therapy visit?

- During an hour-long initial visit, we will review your complaints and determine your treatment options, which may include:
 - ❖ Education and functional training
 - ❖ Surface electromyography (EMG) – This painless intervention measures coordination, contraction ability, relaxation and isolation of your pelvic floor muscles.
 - ❖ Biofeedback – Used with the surface EMG, this intervention provides auditory and visual cues to assist you with your exercises while strengthening your pelvic floor.
 - ❖ Individualized exercise program based on the initial findings of your visit.
 - ❖ Manual Techniques – for relaxation, myofascial release, scar massage, stretching, trigger point release and soft tissue techniques are used based on initial findings.

How to get started:

Talk to your physician. He/she can give you a prescription with your diagnosis of pelvic pain, and then give us a call.

Please call **732-745-8570** for the Main Hospital or **732-565-5455** for the Sports Medicine Institute to schedule an appointment.

Appointments are available 7:30 am to 6:00 pm, Monday through Friday.