WOMEN’S REHABILITATION HEALTH PROGRAM

Our therapists have received training from the Herman & Wallace Pelvic Rehabilitation Institute for the treatment of a wide range of problems which specifically affect women and their quality of life.

These problems include:

- Stress, urge and mixed urinary incontinence
- Chronic pelvic pain
- Levator ani syndrome
- Dyspareunia, vaginismus, vulvodynia
- Interstitial cystitis
- Prenatal and postpartum pain
- Pelvic floor strengthening before/after urogynecological surgery
- Chronic low back pain, SI joint dysfunction
- Coccyx pain
- Piriformis syndrome
- Fecal incontinence

Pelvic Floor strengthening with biofeedback

Biofeedback with Synergy 3D software is used to help achieve goals of increased pelvic floor muscle awareness, contractility and coordination. This provides valuable information to the therapist regarding treatment and gives clear visual feedback to the patient.

After a comprehensive initial evaluation by a trained therapist, an individualized treatment plan will be developed, based on the therapist’s assessment, biofeedback findings and personal medical/symptom history. Treatment can include specific therapeutic exercise, biofeedback, manual therapy, patient education, behavior/lifestyle modifications and modalities.

Patients will need a physician’s written order. For information and scheduling please call rehab central scheduling at 772.223.2811 or fax a referral to 772.781.2715.

Our Women’s Rehabilitation Health Programs are located at:
Richard C. Raub Rehabilitation Center
2189 N.E. Ocean Blvd., Stuart
Treasure Coast Medical Pavilion
3496 N.W. Federal Hwy., Jensen Beach

This program is funded through the Martin Health Foundation's Women in Philanthropy. To find out more about this program, please visit www.GIVEmhf.org.
Rehabilitation Central Scheduling:
Phone: 772.223.2811
Fax: 772.781.2715

1 Rehabilitation Center at St. Lucie West
1095 N.W. St. Lucie West Blvd.,
Port St. Lucie

2 Rehabilitation Center at Tiffany
1651 S.E. Tiffany Ave., Port St. Lucie

3 Pediatric and Aquatic Therapy Center at Treasure Coast Medical Pavilion
3498 N.W. Federal Hwy., Jensen Beach

4 Rehabilitation Center at Riverside
509 Riverside Dr., Ste. 201, Stuart

5 Martin Medical Center (Inpatient only)
200 S.E. Hospital Ave., Stuart

6 David L. Smythe Wound Center
314 Hospital Ave., Stuart

7 Richard C. Raub Rehabilitation Center
2189 S.E. Ocean Blvd., Stuart

8 Rehabilitation Center at Palm City
3066 S.W. Martin Downs Blvd., Palm City

9 Martin Hospital South (Inpatient only)
2100 S.E. Salerno Rd., Stuart
Rehabilitation Center at Hospital South (Outpatient)
6001 S.E. Tower Rd., Stuart

10 Rehabilitation Center at Hobe Sound
11600 S.E. Federal Hwy., Hobe Sound

MARTIN HEALTH SYSTEM