

# Outpatient Therapy for Women

Age Requirements

0-5

,

6-12

,

13-21

,

22-55

,

56-60

,

60+

Family

No

Intake Contact Email

info@passagespt.com

Self Refer

Yes

Passages Physical Therapy, PLC

<http://www.passagespt.com/>

Main

(434) 979-5559

1110 Rose Hill Drive

22903 VA

United States

Payment Method(s)

Tricare

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Private Insurance

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Medicare

,

Private Pay

## Languages Spoken

English

Passages Physical Therapy's staff offers physical therapy for women's special needs. Treatments include:

- Abdominal, breast and pelvic scar sensitivity and restrictions
- Bladder and bowel incontinence, frequency, urgency, constipation
- Breast cancer rehab for mobility and strengthening
- Fitness and flexibility after C-section, hysterectomy
- Menstrual pain management
- Pelvic and sexual pain related to muscles, alignment and soft tissue
- Tailbone/coccyx pain
- Pregnancy and postpartum back pain

Manual therapy and teaching self-massage can be useful in calming muscles and stretching soft tissue. Call for options about pain management. Therapeutic exercise programs for home can include gym balls, gentle stretches and strengthening, core work outs and more.

Specialized programs are also available for men experiencing problems in the pelvic region due to injury or problems with the prostate.

## Service Area(s)

Albemarle County

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Charlottesville City