



Access Rehab Centers

A Waterbury Hospital & Easter Seals Partnership in Physical Rehabilitation

134 Grandview Avenue, Suite 106, Waterbury
Ph: 203-575-2593 Fax: 203-575-2590

2154 East Main Street, Waterbury
Ph: 203-575-0516 Fax: 203-575-0682

(Directions on reverse side)

Date: _____

Name: _____

EVALUATE & TREAT _____

DIAGNOSIS _____

Physical Therapy

WOMEN'S HEALTH

PELVIC FLOOR DYSFUNCTION

- SUI UUI
- Mixed Fecal
- Pelvic Pain
- Myofascial Pain
- Trigger Points / M Spasm
- Dyspareunia / Vaginismus
- Vulvodynia
- Interstitial Cystitis/CPPS
- Pelvic Adhesions

SPINAL DYSFUNCTION

- C/SP T/SP
- L/SP S I J
- Pregnancy
- PGP (Pelvic Girdle Pain)
- Symphysis Pubis Dysf.
- Core Stability
- TMJ / Headache
- Back Pain 2' Macromastia

PRE / POST NATAL

- Pelvic Floor Training
- Core Stability
- Post C-Section
- Diastasis Recti
- Episiotomy/C-Sec Scar Mob.
- Gen. Post Natal Exercise
- Posture & Ergonomics
- Therapeutic Exercise

BREAST HEALTH

- Spinal Pain & Macromastia
- Spinal/Shoulder Trunk Mobility
- Lymphedema
- Posture Re-Ed/Ergonomics
- Post Lumpectomy Rehab
- Post Mastectomy Rehab
- Problematic BR implant/Reduction Scars
- Radiation Fibrosis

MENOPAUSAL HEALTH

- Spinal Health
- Bone Density Exercises

- Osteoporosis Program
- Fibromyalgia/Myofascial Pain Syndrome
- Pelvic Floor Muscle Training

COMMENTS / OTHER: _____

FREQUENCY: 1 2 3 4 /WK DURATION FOR: _____ WEEKS _____ M.D.

D I R E C T I O N S

134 GRANDVIEW AVENUE, SUITE 106, WATERBURY

Rt. 84 W: Take Exit 18 (Highland Ave). Bear Left onto Buffalo St. At light turn Right onto West Main St. Take 4th Left onto Grandview Ave.

Rt. 84 E: Take Exit 18 (Chase Pkwy). Bear Right at fork. At light take Right onto Chase Pkwy. At light take Right onto West Main St. Take 5th Left onto Grandview Ave.

Rt. 8 S: Merge onto 84 W via Exit 33 towards Danbury. Follow directions above for 84 W.

Rt. 8 N: Take Exit 32 toward downtown Waterbury. Stay straight on Riverside St. At 2nd light, turn Left onto West Main St. Turn Right onto Grandview Ave.

Once inside the front door, go straight through the 2nd set of doors and turn left.
We are located at the end of the hallway on the left.

2154 EAST MAIN STREET, WATERBURY

Rt. 84 W: Take Exit 25 (Scott Rd). Turn Right onto Scott Rd. Turn Left onto East Main St. Access is on your left.

Rt. 84 E: Take Exit 25 (Harpers Ferry Rd). Turn Left onto Harpers Ferry Rd. Turn Right onto East Main St. Access is on

Most insurances are accepted including Medicare and Medicaid.
Evening and Saturday hours available.
CARF Accreditation for single service & multi-service patients.

www.accessrehabcenters.com