

Experience You Can Trust.

Chelsea Darrow is a pelvic floor rehab specialist with a MS degree from Utica University in Occupational Therapy. She is a certified Pregnancy and Postpartum Corrective Exercise Specialist (PCES) and holds a certification in Pelvic Rehabilitation Manual Assessment and Treatment Techniques (PR-MATT).



Chelsea Darrow
MS, OTR/L, PCES, PR-MATT

Chelsea developed an interest in pelvic health during pregnancy and the postpartum period with her own children. Additionally while working with the older adult population, she was struck by how pervasive pelvic health concerns are and how significantly they impact women across the lifespan.

She is passionate about providing comprehensive pelvic rehabilitation by getting to the root cause of symptoms, to effectively address individual concerns while overcoming the stigma surrounding pelvic health.

Client Testimonials

“ Pelvic floor therapy has significantly improved my quality of life! There was so much I didn't know about the very important muscles in the pelvis area. Life changing? I would say so! ”

— Jane L.

“ Chelsea Darrow is a highly professional occupational therapist specializing in pelvic floor therapy. For three months I saw Chelsea on a weekly basis and with each visit I received one-on-one attention and support tailored to meet my individual needs. She is approachable, accessible, and supportive, and offered me a comfortable environment to ask uncomfortable questions. Chelsea's services should be included in the standard postpartum care! ”

— Thanks, Amanda P.

Appointments

A physician referral is required for Pelvic Floor Occupational Therapy evaluation and treatment.

For more information or to schedule an appointment please call 315-737-2246. Please fax scripts to 315-735-7804.



SITRIN

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Sitrin Health Care Center

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Pelvic Health Rehabilitation at Sitrin



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2050 Tilden Avenue
New Hartford, NY 13413

Pelvic Floor Dysfunction is Associated With:

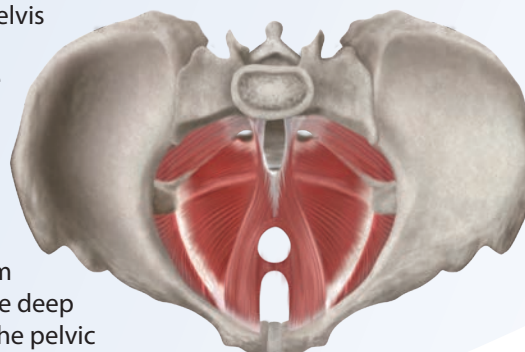
- Urinary Issues
 - Frequency
 - Urgency
 - Incontinence
 - Straining to empty bladder
- Issues with bowel function
 - Constipation
 - Fecal incontinence
 - Hemorrhoids
- Painful intimacy (dyspareunia) and vaginismus
- Diastasis recti (separation of abdominal muscles) and core weakness
- Pelvic pain or hypersensitivity
- Pelvic pain conditions such as interstitial cystitis (painful bladder syndrome) and endometriosis
- Symptoms of pelvic organ prolapse or heaviness in the pelvis
- Low back and hip pain
- Pregnancy and the postpartum period
- Pelvic girdle pain
 - Pubic symphysis
 - Sacroiliac joint
 - Tailbone

A Comprehensive Approach to Pelvic Floor Rehabilitation

According to UCLA Health, 1 in 3 women will experience a disorder of pelvic floor in her lifetime. Dysfunction of the pelvic floor can have a significant impact on overall quality of life and participation in daily activities.¹

What is the Pelvic Floor?

The pelvic floor is a sling of muscles located at the bottom of the pelvis. These muscles work to stabilize the pelvis and provide support to the pelvic organs. They work in conjunction with muscles of the trunk and diaphragm to establish the deep core system. The pelvic floor muscles are important for healthy bowel, bladder, and sexual function.



According to the National Institute of Health "Pelvic floor dysfunction (PFD) refers to a broad constellation of symptoms and anatomic changes related to abnormal function of the pelvic floor musculature".²

The good news is that there is help for pelvic floor dysfunction! Sitrin Healthcare Center offers an outpatient women's pelvic health program. Our pelvic health occupational therapist provides client-centered and evidence-based treatment for a wide variety of pelvic health concerns. Our primary goal is to improve the quality of life for women at any stage of life.

Clients are evaluated with a whole person, whole-body approach. Physical assessments include posture, body mechanics, strength, and endurance. Assessment of the pelvic floor may involve external as well as internal assessments of the pelvic floor muscles. This helps us to determine strength, tension, coordination, and overall functioning. Other factors evaluated include lifestyle, stress management, daily habits, roles, and routines. These factors are all considered to develop a treatment plan to effectively address each client's unique needs and goals.

Treatment Techniques and Considerations May Include:

- Lifestyle modification
- Bladder retraining
- Exercises to strengthen weak muscles.
- Muscle re-education and coordination training
- Relaxation techniques to address tight muscles
- Breathing and mindfulness meditation
- Manual internal and external therapy techniques
- Postural/ body mechanics education
- Dietary considerations
- Gut and bowel health
- Scar management (cesarean, perineum, hysterectomy, etc.)