

Robin Pitcairn PT

Physical Therapist



I began my training to specialize in pelvic floor rehab, oncology rehab and lymphedema management in 2001. Prior to that, I worked in orthopedic settings. Outside of work, I enjoy spending time with my husband and three children, going to the beach, hiking, reading and traveling whenever I can.

Education University of New England BS PT 1990

Specialties

- Pelvic floor rehab: treating both men and women for pelvic pain, fecal and urinary incontinence, urinary frequency and urgency, constipation (with a pelvic floor component), and organ prolapse.
- Oncology rehab: includes post-op and post-radiation soft tissue and joint mobilization to regain mobility, postural re-education, and initiation of exercise program to regain mobility, strength and endurance with option to transition to our Well-fit exercise class.
- Lymphedema management: can include manual lymphatic drainage, patient education, compression bandaging, exercise and also, if needed, working with a garment fitter for appropriate compression garments
- OB rehab: working with the pregnant client—most often for low back pain, pelvic area pain, or sciatica