



# Health Motion

## Physical Therapy Services

### YOUR DOCTOR PRESCRIBED PELVIC FLOOR PHYSICAL THERAPY – NOW WHAT?



### WHAT WILL MY FIRST VISIT BE LIKE?

- Purpose is to locate the root cause of your issues and create a plan to handle them quickly.
- You'll receive a full evaluation of low back and legs for range of motion, flexibility, muscle tone, and strength, as well as an external evaluation of the pelvic floor muscles (WITH CLOTHES ON) to feel for tightness, pain, and strength/function.
- If needed, an internal evaluation will be done, but you and your therapist will fully discuss this first. You will be in control at all times.
- Your PT will create a plan of care to address the root cause of your issues. Treatment will start that day.

### WHAT CAN I EXPECT?

Education. Respect. Privacy. You don't have to suffer with your issues – help is available.

### WHAT TYPE OF PROBLEMS CAN BE TREATED WITH PT FOR THE PELVIC FLOOR?

- Constipation
- Prolapse (uterine, bladder, rectal)
- Coccyx/tailbone injuries
- Painful intercourse
- Pelvic pain
- Diastasis recti
- Incontinence
- Hernia

### WHAT IS TREATMENT LIKE?

- One-on-one manual therapy to loosen any tight muscles, relieve pain, and facilitate better function
- Specific exercises targeted to retrain both the functioning of your pelvic floor & muscles that contribute to this area
- Lots of education
- Appointments typically last 30-60 min. Your first visit will be the longest

### WHAT SHOULD I WEAR?

Comfortable clothes that allow full range of motion through the back and hips – no jeans please.

### CAN I GET TREATMENT IF I HAVE MY PERIOD?

This is usually fine, but check with your PT first.