



Health Motion

Physical Therapy Services

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



WHAT WILL MY FIRST VISIT BE LIKE?

The purpose of your first visit is to locate the root cause of your issues and create a plan to handle them quickly. You'll receive a full evaluation of the low back and legs for range of motion, flexibility, muscle tone, and strength, as well as an external evaluation of the pelvic floor muscles. Your clothes will remain on the entire appointment. Your PT will then create a plan of care to address the root cause of your issues and treatment will start that day.

HAVE FURTHER QUESTIONS? CALL US AT (616) 554-0918

WHAT CAN I EXPECT?

An external evaluation by the Physical Therapist (with clothes on) to locate tightness, pain, and strength/function.

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

- Constipation
- Testicular Pain
- Coccyx/tailbone injuries
- Painful intercourse
- Penile Pain
- 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.

We have a locker room in our clinic for changing privately before/after your appointment.