



What to Expect at your First Visit for Pelvic Floor Rehab with Physical Therapy

At your first visit, a physical therapist (PT) trained in pelvic floor muscle dysfunction, will do an in-depth evaluation. This will include a general medical and surgical history, a history related to your condition and questions about your eating, drinking, and voiding/BM habits. This visit will last 50-60 minutes.

Your spinal posture, hip and abdominal musculature will be checked for contributing factors such as tightness and weakness. The muscles of your pelvic girdle and pelvic floor complex will also be evaluated to determine any weakness or tightness and problems that may be present and contributing to your situation. This may include an internal vaginal or rectal examination.

Your PT will discuss the finding and treatment plan with you that will include the frequency and duration of your physical therapy sessions, planned interventions and home program.

Treatments may include heat/ice, manual therapy techniques, patient education, muscle reeducation, EMG Biofeedback, behavioral management and dietary modifications. If you have additional questions regarding the Physical Therapy Evaluation, please do not hesitate to call our office.

This information is not intended as a substitute for professional healthcare.

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Please complete enclosed forms and bring them with you for your first visit