



## WHAT ABOUT KEGELS? SHOULDN'T I 'JUST DO' KEGELS?



- NO!!!!!! As BOTH hypertonic (too tight) and hypotonic (too loose) muscles can cause these issues (with the former being MUCH more common), See a Pelvic Floor PT, or buy my Signature Series to learn how to do a Self-Pelvic Floor Muscle Exam. **Touching these muscles, and assessing HOW they are moving is the only way to determine what your specific coordination deficit is.**

### IN FACT, 'JUST BEING TOLD' TO DO KEGELS HAS THE SAME CHANCE OF WORSENING YOUR COMPLAINTS AS IT HAS TO HELP YOUR COMPLAINTS

- Every pelvis is unique. Some of us will need to reduce resting tone. Others will need to increase resting tone. And you don't know which is which until you do your self exam, or have a PT do it for you.

### BUT I SEE MY OB. THEY CAN ASSESS FOR THIS, RIGHT? OR RECOMMEND PT IF I NEED IT?

OB-GYN Pelvic Exam	PT Pelvic Exam
<ul style="list-style-type: none"> <li>✓ Organs are where they should be</li> <li>✓ Breast cancer checks</li> <li>✓ External visual exam</li> <li>✓ PAP smear</li> <li>❓ Pelvic floor muscle check</li> </ul>	<ul style="list-style-type: none"> <li>✓ External Visual Exam</li> <li>✓ External Pelvic Floor Muscle Examination</li> <li>✓ Internal Pelvic Floor Muscle Examination</li> <li>✓ Resting Pelvic Floor Muscle Tone / Symmetry</li> <li>✓ Isolated Pfm Mechanics</li> <li>✓ Coordinated Pfm Mechanics With Breathing, Coughing, Sneezing, Etc</li> </ul>

- Your OB-Gyn and MD are skilled to do many things that PTs don't. Pelvic PTs are EXPERTS in assessing the pelvic muscles and training you in strategies to reduce symptoms. OB-Gyn and MDs are not.
- Many of our OB-Gyns and MDs are wonderful surgeons and providers, and yet, **they might honestly not even know that Pelvic PT is a thing**, or if they **do** know, they might not 'believe' that it works, or, just 'forget' to refer. What if a knee surgeon 'forgot' to refer post ACL-reconstruction? **Here is your chance to be your own advocate.**
- **Buy this program then TELL your OB-MD what a difference it made to you. And if you need more, and you require a physician order for PT, ask for one! If they decline, say you want it documented in your medical chart that you requested the service, and they denied it to you.** 😊