

WHAT HAPPENS IN PELVIC PT?



YOU ARRIVE A BIT EARLY, USUALLY 10-15MINUTES BEFORE SCHEDULED START TIME, TO GIVE INSURANCE AND PAYMENT INFO, AS WELL AS COMPLETE INTAKE FORMS (IF THEY'RE NOT ONLINE)

- Filling out this information thoroughly is IMPORTANT. If it's not online, maybe ask the clinic to email a copy to you, so you can fill it out in the comfort of your own home.
- Pelvic PTs REALLY care about what brought you in to see us today? Pain? Leakage? Weakness? Constipation? Erectile Dysfunction? Inability to Climax? Painful Periods?
- To help you with that, though, we need to know things like your reproductive history, age of first period, are your periods regular, do you have pain with tampons, OB-exams, intimacy?
- Has your period ever stopped for ANY reason (pregnancy, female athlete triad, medication, etc)
- What other medications are you on? How often do you pee and poop? How much?
- What is your other orthopedic & medical history? Any surgeries? Other mental or physical health needs?

AFTER REVIEWING THESE WITH YOU, WE WILL DO A THOROUGH PHYSICAL EXAMINATION, WHICH INCLUDES RANGE OF MOTION, STRENGTH AND COORDINATION TESTING OF THE WHOLE BODY. THE SPINE, EXTREMITIES, AND YES, THE PELVIC FLOOR MUSCLES



WE THEN EDUCATE YOU TO THE SUMMARY OF OUR PHYSICAL FINDINGS

- Where are you a bit tighter than is ideal?
- Where are you a bit weaker than is ideal?
- Are there any significant body mechanics, coordination, strength deficits, or asymmetries that we see?

THEN WE PUT IT ALL TOGETHER AND TELL YOU HOW THOSE ABOVE THINGS MIGHT BE CONTRIBUTING TO YOUR COMPLAINTS.

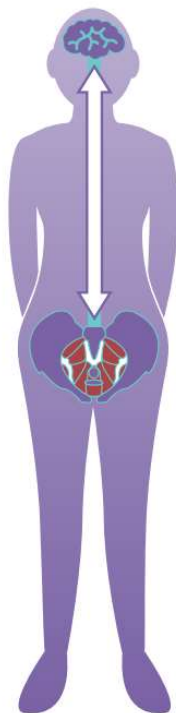
AND BETTER YET, WE THEN PROCEED TO IMMEDIATELY BEGIN TO RETRAIN YOUR BODY TO ADDRESS THOSE THINGS, SO THAT YOU CAN RECOVER YOUR ACTIVE LIFESTYLE WITH LESS SYMPTOMS!

IMPROVE
*Brain-Body
Connection*

& knowledge with regard to your pelvis

● **STRENGTHEN**
what is weak

● **RELAX**
what is too tight



IMPROVE
*Neuromuscular
Coordination*

Association

VS

Dissociation

- Pelvic PTs are EXPERTS in assessing the pelvic muscles and training you in strategies to reduce symptoms. OB-Gyn and MDs are not. **Pelvic PTs, or the Signature Series can train you in your SPECIFIC needs.**
- In my Pelvic Floored Signature Series, I train you to assess your own pelvic muscles, so that you can have access to similar care of a physical therapist, even if there is a financial, geographic, or psychosocial barrier to you obtaining standard in person pelvic physio care.
- By addressing these physical contributions to your symptoms, we can get you moving better, with less symptoms, pretty quickly!
- Don't let this limit you another minute! Start Pelvic PT in person, or via the Pelvic Floored Signature Series, TODAY!