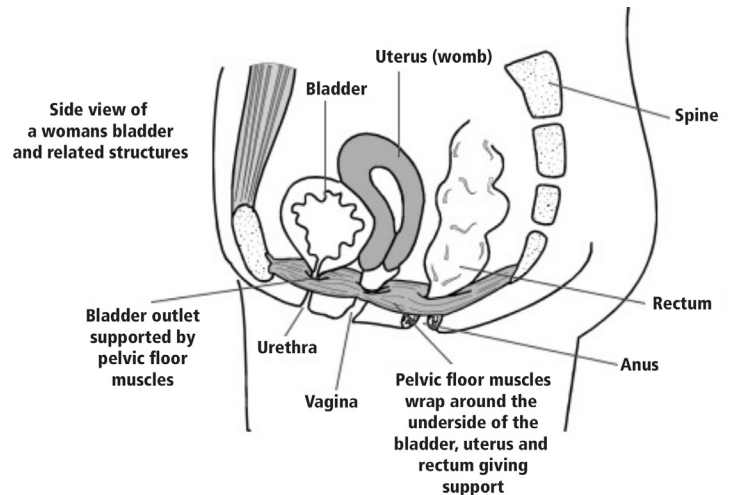


What to Expect at Pelvic Physical Therapy?

Education

- You will begin your first physical therapy session getting to know your provider. You will also be educating your provider about your symptoms, your medical history and your physical history.
- Your physical therapist will educate you on normal pelvic floor function, and not so normal pelvic floor function. You will learn about urine, bowel, bladder, and pelvic floor anatomy. She will also try to help you understand your symptoms and possibly why they are happening.



Evaluation

- When you have symptoms of pelvic floor dysfunction (urinary frequency, pelvic pain, constipation) it is important that you start any physical therapy program with a thorough evaluation.
- The pelvic floor evaluation consists of a examining the skin in the pelvic region (vulvar, vestibule), assessing pelvic reflexes (your ability to contract, control, and relax your pelvic floor muscle), and your muscles.
- The pelvic floor muscle assessment consists of palpation utilizing one examiner finger to the external musculature and the internal pelvic floor musculature. Similar to as you develop pain and "trigger points" (local areas of muscle dysfunction an pain) in your neck or shoulders, your pelvic floor develops these. It is important to learn about areas that may be causing pain and begin working with your physical therapist to treat and relieve them.

Treatment

- Your treatment will consist of breathing exercises, behavior modification, physical therapy techniques, and stretching or exercise when it is appropriate.
- Pelvic pain is a chronic syndrome and requires several treatments, done consistently each week, to improve. You should expect to schedule one appointment weekly for up to eight weeks so that your muscles start to change in length, tension, and behavior and your symptoms begin to resolve.