

## **What is the next step?**

Talk to your doctor about your problem, and suggest the idea of receiving a prescription for “pelvic floor physical therapy” if appropriate. Your MD may suggest an abdominal ultrasound and/or spine MRI to assure no tumor, bleed, or spinal cord compression is present.

In addition to physical therapy, there are other health professionals I may suggest you connect with if you have not already done so, such as a:

- Neurologist
- Orthopedist
- Functional medicine doctor
- Gynecologist
- Urologist
- Gastroenterologist
- Endocrinologist
- Clinical Nutritionist
- Counselor (personal, marital)