

What happens in Pelvic Floor Physical Therapy?

- A thorough evaluation where I will ask questions about your symptoms, lifestyle habits, and any therapeutic/personal goals you want to achieve for a better quality of life or return to previous activity.
- An examination to help pinpoint the reasons for your symptoms by testing your muscles, joints, connective tissue, reflexes/sensation, posture, breathing, and more. Bear in mind this region contains muscles which are external and internal- therefore, the source of your problem may lie in the vagina or rectum. A consent form will be administered, in addition to an informed discussion as to why an internal assessment may be needed, but only with your permission.

Treatment techniques:

- Manual therapy
- Modalities (electric stimulation, ultrasound, biofeedback)
- Therapeutic exercise and activity training
- Home program specifically tailored to your needs (exercises/stretching, nutritional changes, symptom diary)