

Please carefully read and complete the attached packet. You will mail back the packet in the self-addressed stamped envelope. Once the packet is returned, we will contact you to schedule the initial physical therapy appointment. If you have any questions, please contact us at 540-985-4099.

Physical therapy can provide patients with great relief or even resolution of symptoms. Pelvic physical therapy is a specific specialty of therapy that focuses on the organs and muscles of the pelvis. Our physical therapists are musculoskeletal experts trained specifically in the evaluation and treatment of the pelvis including the floor muscles. We use a combination of “hands-on” therapy, behavioral modifications, and exercise to improve their symptoms and quality of life.

What is the Pelvic Floor? The pelvic floor is made up of muscles and other tissues that form a “supportive sling” from the pubic bone to the tailbone. These muscles assist in holding your bladder, uterus, and rectum in place. The contraction and relaxation of these muscles also help control your urine flow, bowel movements, and sexual functions. Problems with these muscles may result in urine or bowel dysfunction and/or pelvic pain.

What is Pelvic Floor Dysfunction? Why does it happen?

Pelvic floor dysfunction is a term used to describe a problem with the muscles that support the pelvic floor and pelvic organs. Tight or weak pelvic floor muscles may result in symptoms such as changes in urinary or bowel frequency, urinary or fecal incontinence, prolapse or pain. Some patients experience more than one symptom. Often, these symptoms are a result of pregnancy/childbirth, age-related factors, obesity, incorrect lifting, straining, surgery, radiation, etc.

Common Types of Pelvic Floor Dysfunction We Treat:

Urinary incontinence	Painful bladder syndrome (Interstitial cystitis)
Constipation and fecal incontinence	Pelvic pain
Overactive bladder (urinary urgency and frequency)	Pelvic organ prolapse

Your First Visit

During your first visit, you and your physical therapist will discuss your health history, concerns and current symptoms related to the pelvic floor. An internal exam may be conducted to further assess your pelvic floor muscles and help determine what is causing the symptoms. After the thorough evaluation, you and your physical therapist will develop a personalized treatment plan to meet your goals. This plan will include a detailed explanation and demonstration of exercises to do at home. Your physical therapist may recommend additional specialists and will communicate with other members of your medical team and help coordinate care. This visit, as well as follow up appointments, will take approximately an hour.

Treatment Options

There are many treatment options available to patients. Depending on your diagnosis, more than one treatment option may be recommended. Your physical therapist will base your treatment off your symptoms and their comprehensive evaluation. The treatments may include:

Pelvic floor muscle training	Bladder retraining
Abdominal and core exercise	Dietary/behavioral modifications
Postural awareness/body mechanics	Manual techniques/myofascial release
Biofeedback and/or electrical stimulation	General exercise

Follow-up Treatment/Care

Your physical therapist will provide you with a home exercise program based on your symptom's, evaluation findings, and goals. For best outcomes, you must follow through with the recommended treatment schedule and program. For any additional question, please call 540-985-4099, otherwise we will see you at your appointment!