



## WHAT TO EXPECT

### BEFORE YOUR FIRST VISIT:

- We will provide you with a questionnaire and paperwork about the issues you are having which will include information about: your medical history, limitations, obstetric history, symptoms, lifestyle, diet and fluid intake, exercise and activities, urinary and bowel function and sexual health. We believe in treating the whole person, not just the symptoms and can provide the best care when we have full information about you.

### AT YOUR FIRST VISIT:

- **Location:** As mobile physical therapists, we will come to you. Once at your home, it will be best to have a private area to discuss your history and goals if there are other people at home. If it's best for your children to be with us – of course we understand and we will accommodate as needed. We do not typically do an internal exam at the first visit (and only do them as you consent).
- **What to wear:** Whatever makes you comfortable. We be doing some external assessments and the ability to move freely will be important.
- **Conversation and Goals:** First we want to get to know you and let you get to know our pelvic health physical therapist. We will go over your questionnaire in full and talk about your goals. This could be something such as being able to exercise without leaking, reducing bathroom trips at night and improving sleep, pain-free sex, improvement in post-partum issues, etc.
- **Initial assessment:** During your first, fully-clothed external exam, there will be an assessment of the biomechanics of your body, your strength, flexibility, breathing and posture. The evaluation will include movement and musculature and bones, focusing on your trunk, hips and legs, with explanations during each exam. The pelvic region is a complicated system involving many structures. On occasion, if an only if you are comfortable and ready and the PT feels it would be helpful, you may choose to have an internal exam (see 2<sup>nd</sup> visit below for more information on internal exams.)
- **Discussion and treatment:** After the exam, your PT will discuss the causes and impairments that may be contributing to your issues and will talk about available treatments. Together, you will come up with a plan that fits your goals and your lifestyle. We will typically begin some external treatments at the first visit as well as introducing exercises and discussing lifestyle changes.

### AT YOUR SECOND VISIT

- **REVIEW:** We will review how things have been going and what changes you notice or any concerns.
- **INTERNAL EXAM (Always optional!):** If your PT decides an internal exam will be beneficial to your recovery process, she will discuss this with you. Due to the location of the pelvic floor muscles, the best way to evaluate and treat them is internally. This can help assess what specific areas are painful, if there are spasms or tightness in pelvic floor muscles, and helps assess for scar tissue. You will be talked through the entire exam and asked for feedback. The exam can be stopped at any time. You will always have the final say in your care and be treated with utmost respect.

*Please contact us if you have any questions or concerns. We are here to help you achieve your wellness goals!*