Pelvic Floor Physical Therapy

Here are some frequently asked questions to help you feel comfortable for your first visit:

Question 1: Why do I need pelvic floor physical therapy?

Answer: You may have pelvic floor dysfunction or have the following conditions or concerns: bowl and bladder issues, undergone a pelvic surgery, have symptoms of pelvic heaviness or pelvic pain, and be pregnancy or in postpartum recovery

Question 2: What is a pelvic floor physical therapy?

Answer: Pelvic floor physical therapy focuses on (but is not limited to) treating conditions of the pelvic floor, which is a group of muscles on bottom of the pelvis, like a basket between the hips.

Question 3: What does my first visit look like?

Answer: Your first visit will be tailored to your specific needs, but will mostly likely include the following if time allows:

i. We will review your medical history and intake forms
ii. Education will be provided on the pelvic floor anatomy and physiology
iii. A Physical Therapy Examination will be performed
    1. Orthopedic Examination: including the spine, abdomen, hips, and legs
    2. Pelvic External and Internal Examination: of the pelvic floor
iv. We will review the findings and discuss the plan of care, treatment, and your therapy goals

Question 4: What is a pelvic floor exam?

Answer: A pelvic floor exam looks at the appearance and function of the pelvic floor and the surrounding structures and area. Like any muscle in the body, the pelvic floor must have appropriate strength, endurance, coordination, and motor control.

Question 5: What do I wear for each appointment?

Answer: Comfortable clothing

Question 6: How common is pelvic floor dysfunction?

Answer: Fairly common: 23-35% of women and 4% of men

Question 7: How long do evaluations and follow-up visits take?

Answer: Evaluations are one hour long and follow-up appointments are 45 minutes (scheduled once a week)

It is my pleasure to be a part of your healing journey!

Amanda Falkena PT, DPT