

What to Expect: PELVIC HEALTH PHYSIOTHERAPY



How you feel tomorrow, starts today!

Your Pelvic Physiotherapist will:

- Collect a detailed history of your symptoms
- Ask questions about potential symptoms that often go with pelvic floor dysfunction, including sexual function, bladder, bowel, low back, hip and tailbone symptoms. These questions may seem very personal and unrelated, but if there are problems in any of these areas, it is important to tell your therapist as they are often related to pelvic floor dysfunction.
- Do a physical assessment. This will vary depending on your symptoms, and may not all be completed on the first visit.
- Usually assess your low back, SI joints, connective tissue of the abdomen and thighs
- Assess your pelvic floor, with your consent, involving an internal exam looking for trigger points in the pelvic floor, and assessing the strength of the pelvic muscles. An internal examination is the only way to evaluate this and helps her understand if you have tight and/or weak pelvic floor muscles. (just as your Physiotherapist would assess the strength of your rotator cuff muscles to see if you were weak or strong if you had shoulder pain).

Take Charge of Your Health

Q: Will I need to remove clothing for the Physiotherapist?

A: With your consent, yes. You will be draped with a sheet or towel to ensure the maximum coverage of your lower body, and should express your comfort levels as the examination proceeds.

Q: Is a Physiotherapist qualified to do an internal exam like my doctor does?

A: Only specially trained and certified Physiotherapists can do internal examinations. They must take Pelvic Health courses after graduation and then are rostered with the College of Physiotherapists of Ontario to provide internal examinations.

You must provide your consent, and may change your mind at any time. However, the findings of muscle tension or weakness from the exam will allow your Physiotherapist to provide better, more effective care for your problems.

Once your examination is done:

- Your Physiotherapist will explain her findings
- She will give you exercises or other homework & explain when you should return – your care plan
- She will explain what changes you should expect, and how long it will take
- She will give you time to ask questions



Ulia Shakeel, PT

What is my pelvic floor?

- A group of muscles located at the bottom of your pelvis, which can be felt internally in the vagina
- They work together to tighten the pelvic ring, vagina, and to prevent urine leakage and control bowel movements
- They can be too tight or too weak



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