



WHAT SHOULD I EXPECT *at* My 1ST Pelvic Floor Physical Therapy Appointment?



Many patients may be apprehensive before coming in for their first appointment with a pelvic physical therapist, wondering what to expect from the pelvic PT evaluation. We wanted to take the mystery out of it for you and let you know what to expect!

Either before you come into the clinic or when you arrive, you'll be asked to fill out a comprehensive set of forms. Ideally, these will cover a lot of important information and give the therapist a good picture of your current condition.

After your PT has reviewed your forms they'll spend time discussing your symptoms with you to get more information. At our clinic, this will take approximately 20-30 minutes of the initial evaluation, depending on the complexity of your case.



The next step will be the evaluation. This involves the physical therapist performing some tests and measurements to determine your strength, flexibility, posture, and how you move. Some parts that may be assessed include your back, hip, ribs, and core.

Based on your comfort level, your physical therapist will then perform an internal exam of your pelvic floor muscles. This may also be done in a future session if that is more comfortable for you. The therapist will leave the room and allow you to change into a patient gown. If agreed by the patient, for the internal exam your physical therapist would use one gloved finger to assess the muscles of the pelvic floor.

The final portion of your initial evaluation should consist of education and some treatment - we want to get you feeling better as soon as possible! We'll have you change back into your clothes and come back in to speak for a few minutes before you go home. Your PT will reiterate what we've found and give you some concrete things to be working on before your next appointment.

We hope this gives you a better idea of what to expect from your initial pelvic PT evaluation!



 **Call to Schedule Your Therapy Appointment Today**

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