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What is Pelvic Floor Physical Therapy?

It is a specialty within therapy focused on treatment of the pelvic floor. Imagine the pelvic floor as a bowl that sits between the two pelvis bones and attaches to the hips, low back, and tailbone.

What to expect my first visit?

Common questions and concerns are: will it be painful? does it hurt? and why do I need this?

An initial evaluation for pelvic floor physical therapy is like other physical therapy evaluations, we collect personal medical history and information about what is bringing you in.

The evaluation is both **external and internal**. On your first visit an internal exam does not need to be performed, it will only be performed if you are ready and are comfortable with it. It should not hurt unless something is wrong and then we need to determine what is causing that. During the internal exam you should feel comfortable and in control, this helps you relax.

An internal evaluation is not like a visit to your gynecologist, we will not be using any instrument for the exam. The physical therapist will use a gloved hand to evaluate the state of your pelvic floor muscles, such as muscle strength, tightness and so forth to better understand the root of the problem.

Why is this important?

It helps to gain additional information about what maybe the root cause of the problem. The pelvic floor impacts the hips, low back and pelvis and can be linked to other areas of pain or discomfort. Although the internal exam helps gain additional insight, we will not perform it without your permission and continued consent throughout the exam and treatment.

At any time during the internal pelvic floor exam, I would encourage you to let me know if you need to end the exam.

How do I prepare for my first visit?

Come with paperwork filled out and any questions or concerns you have.

- Wear comfortable clothing (for example exercise clothing or light weight)
- If it is your first appointment with Elevated Performance and Rehabilitation, please arrive ten minutes early to sign a few forms.
- Do I need to shave? No, but if it makes you feel more comfortable you can
- Please call with any questions or concerns, we are here to help in any way we can.

