

CENTER FOR REHABILITATION AND WELLNESS

INFORMATION ON TREATMENT FOR PELVIC FLOOR DYSFUNCTION AND BLADDER / BOWEL PROBLEMS

IMPORTANT – READ IMMEDIATELY

Your first appointment will take 45 to 90 minutes so plan your time appropriately.
Please arrive at least 15 minutes early to complete necessary paperwork.

Your appointment is scheduled for _____ a.m./p.m. on _____.

Enclosed please find:

1. **HISTORY AND SCREENING QUESTIONNAIRES**
2. **KEEPING A RECORD OF YOUR BLADDER FUNCTION**
3. **DAILY VOIDING LOG**

All of these forms must be completed prior to your first appointment.

- **Begin the voiding log now.**
- Be sure to read the directions for **KEEPING A RECORD OF YOUR BLADDER FUNCTION** carefully so your log is as accurate as possible.
- Prior to your first appointment we recommend you check with your insurance company regarding coverage for treatment.
- It is our policy that you must have had a pelvic exam completed by your OB/GYN within one year of the initial therapy evaluation.

The office evaluation / treatment of your condition may include:

- Review of your history.
- Measurement of your pelvic floor muscle function with biofeedback equipment. These instruments record your muscle activity and help evaluate and treat your pelvic floor muscles.
- Musculoskeletal and pelvic floor muscle exam, which may include an internal exam per therapist's discretion.
- Exercise instruction for pelvic floor and other muscle groups as indicated.

Return visits for therapy will be scheduled at regular intervals to measure your progress and modify your exercise program as needed. These appointments are important to attend in order to progress your treatment program.

Please feel free to invite someone to accompany you to your appointments if doing so will make you feel more comfortable.

If you have any questions or concerns, please feel free to contact us at 740.393.9670.