



## PELVIC HEALTH PATIENT INFORMATION SHEET

Your pelvic health physiotherapist offers you valuable advice and an individually tailored treatment program to help treat your pelvic problems. Some of the pelvic issues we treat at our clinic are:

### Men's Health:

Post-Prostatectomy Incontinence  
Pelvic Pain  
Pelvic Floor Dysfunction

### Women's Health:

Vaginal Pain Syndrome  
Pelvic Floor Dysfunction  
Pelvic Organ Prolapse  
Urinary Conditions

### Musculoskeletal Conditions:

(as a result of pelvic dysfunction)  
Lower Back Pain  
Groin/pubis pain  
Sacroiliac Pain  
Piriformis Syndrome

### Rectal & Bowel Conditions:

Constipation

### **What does the treatment entail?**

After a detailed questionnaire and physical examination of your pelvic area (External/Internal), your therapist will discuss the findings with you and plan a treatment program to best suite your needs. Some of the components of the treatment include dietary modifications, changes in voiding pattern, tips to tackle the urgency to empty your bladder. A home exercise program will be set up for you to work on. Your therapist may also suggest the use of different techniques to help you with your exercise program. These techniques may include:

- Manual (hands on) techniques performed by therapist on the surface of the muscles in the pelvis, to help you locate and work your weak pelvic muscles correctly.
- Electrical Stimulation: Through a metallic probe that is placed about a finger length in your vagina a mild electric current is applied to help you localize and strengthen the pelvic muscles.
- Biofeedback: The same probe can also be used to read the activity of your pelvic floor muscles for display on the screen as you do your exercises. This will allow you to see how well you are performing your exercises. No electric current is felt during biofeedback.

### **Session Duration and Fee Structure**

- Initial assessments are booked for one hour. The fee is \$110.00

You will be given a bladder diary to fill out at the initial assessment. You are expected to complete it before you book your first treatment with your therapist. The bladder diary is a very important element of your initial assessment.

- Subsequent treatment sessions are booked half an hour to 45 minutes long (depending on the condition). Fee is \$90.00
- Frequency of treatment: Once a week for first few weeks and gradually spread to once in 6 weeks depending on your condition.

### **First Appointment**

While making an initial appointment please let the reception know if you have been given a diagnosis by your physician/specialist. We would like a copy of the referral/diagnostic tests for records. If you are making a self referral, please outline your problem briefly. Please make sure that you reschedule your appointment if you are going through menstruation. Your therapist will not be able to treat/assess you until you are cleared up due to hygiene reasons.

### **Cancellation policy**

Please understand that compliance is an important element of success with pelvic health physiotherapy. You are advised to keep your appointments. At least a 24 hour notice is required to make cancellation except under circumstances that are beyond your control.

### **General Information**

The front desk will be more than happy to answer your questions, however if you like to speak with the pelvic health physiotherapist, please feel free to email her at [pelvichealth@trianglephysiotherapy.com](mailto:pelvichealth@trianglephysiotherapy.com).