

What to expect- pelvic floor physical therapy.

Women's health physical therapy or pelvic floor physical therapy can be a little known secret. Most patients wonder what the therapist is going to do. Here is some helpful information to guide your therapy visits.

Your SSM Health women's physical therapist is a female, specially trained to work with the muscles of the pelvic floor. She has developed her skills through continued training from national, credentialed organizations.

At your first visit, your therapist will ask you about the history of your diagnosis. You will be in a private treatment room as privacy and confidentiality are our number one priority. The evaluation questions may include your general health history, history of pregnancies/deliveries, and a history of your urinary, bowel, and sexual function.

Your initial appointment will also consist of a comprehensive evaluation of your lumbar spine, hips, lower extremities, and abdomen, as other areas of the body may influence your pelvis and pelvic floor muscles. It is important that we are able to evaluate the pelvic floor as well; the best way to do this is with an internal assessment. We look at the muscles in three levels from muscles at the surface and then assessing more internally. This evaluation should not be painful. Depending on the diagnosis, some patients will not be able to tolerate an internal assessment initially. Your treatment plan will be individualized for you.

Prior to your initial evaluation you can always contact your physical therapist at her location to speak with her directly. You can ask any questions you may have and feel at ease prior to your first meeting.



If you'd like to learn more about how our women's health program can help, please contact SSM Health Sports Medicine and Rehabilitation at **573-761-9178**.

Available at the **Hartsfield YMCA**.

[ssmhealth.com](https://www.ssmhealth.com)