

Frequently Asked Questions

What should I expect for the evaluation?

The first appointment will take approximately 60 minutes. You will meet your Physical Therapist who is specially trained in pelvic floor problems and review your medical history. Your physical therapist will perform an evaluation which will include either a vaginal or rectal examination (except for the pregnant patient.) A physical therapy internal exam looks at your pelvic floor muscles and how they function. Your Physical Therapist may also assess the mobility of your hips, abdominal wall, pelvic alignment and lumbar spine. You will then discuss your diagnosis and a treatment plan with your physical therapist. Lastly, you may make follow-up appointments (insurance permitting.) You are welcomed to bring a friend or family member to be present during your evaluation.

How long will I need physical therapy?

This is difficult to answer without having an evaluation. You may see improvement very quickly, or it may take several visits, depending on your condition. Most patients require a minimum of 6-12 sessions. Follow up treatments are 45 minutes long, 1x/week. We will send a copy of the examination to your referring provider along with progress notes at regular intervals.

Should I still come when I have my menstrual period? Yes. Your treatment may be modified.

What if I have a bladder or vaginal infection at the time of my appointment?

For evaluation: If you suspect you have an infection we ask that you contact your physician's office first for further testing. If you are aware of an active bladder or yeast infection and are taking medication, it is best to wait until you finish your course of medication before continuing with physical therapy.

For treatment: Please consult with your Physical Therapist.

What should I wear?

We recommend loose comfortable clothing.

Will I see the same physical therapist every time?

We will make every attempt to schedule you with the therapist you desire to see. Our licensed Physical Therapists have advanced certification and strive to deliver high-quality care. Treatment visits are one-on-one lasting up to 45 minutes.

What should I expect during subsequent treatment sessions?

All sessions take place in a private treatment room. Each patient's treatment is individualized just for them.

Examples include biofeedback (a device used to monitor pelvic muscle activity), manual therapy, therapeutic exercise and instruction in a home program.

Why is the wait so long for an appointment?

This is a very specialized service and there are not many therapists that do this work. There are only about 3,000 pelvic health physical therapists in the country.

Do I need a physician's referral for physical therapy?

As part of Southcoast Hospital Group policy, we require an order from your referring physician.

Will my insurance pay for therapy?

We recommend that you call the benefit number listed on your insurance card to check on your insurance benefits before you start therapy.