



YOUR DOCTOR HAS REFERRED YOU TO PELVIC FLOOR PHYSICAL THERAPY

PELVIC FLOOR DYSFUNCTION is a problem that can affect both women and men. A patient may have bothersome symptoms such as urinary incontinence, frequent urination, constipation, or pelvic pain. For women, these problems may develop after pregnancy (or years later), or for other reasons, such as after trauma or cancer treatment. For men, these problems may develop after prostate surgery, or other reasons such as after cancer treatment.

WHAT TO EXPECT:

FOR YOUR FIRST APPOINTMENT:

- The Physical Therapist will perform an evaluation which will include either a vaginal or rectal exam. In addition, the Therapist will also assess the abdominal wall and musculature, hips, pelvis and spine.
- For women, plan to keep your scheduled appointment even if you have your menstrual period.

TREATMENT SESSIONS:

- Treatments are usually once per week for 45 minutes. The physical therapy treatment will help the pelvic floor muscles return back to normal function. Depending on your specific needs, the treatment may include exercise to stretch and relax the pelvic floor muscles, or exercise for strengthening. The Therapist may perform specialized manual techniques to the hips, abdomen, or pelvic floor (inside the vagina or rectum). Other special treatment may be used, including biofeedback. You should begin to see improvements after a few weeks. Most patients need 6-12 sessions, or longer in some cases.
- For all appointments, wear or bring loose fitting clothing

If you would like to talk to the Therapist prior to your appointment, you may call 508-973-9370

YOUR PELVIC HEALTH PHYSICAL THERAPISTS:

Janet Gillis, PT, WCS

Board Certified Specialist in Women's Health Physical Therapy

Justina Perry, PT, DPT, PRPC

Pelvic Rehab Certified Practitioner

Pelvic Health and Oncology Physical Therapy

300 B Faunce Corner Road

North Dartmouth, MA 02747