

Pelvic Floor Rehabilitation

Frequently Asked Questions

Should I still come if I have my menstrual period?

You can still come to your visit as treatment and evaluation can be modified. If you have further concerns, you can call our office to get more information.

What if I have an active bladder or genital infection?

If you suspect you have an infection, we advise contacting your medical provider for further testing. If you are aware of an active infection and are taking medication, it may be best to wait until you finish your course of medication before continuing physical therapy.

What should I wear?

We recommend loose, comfortable clothing.

Do I need a physician referral for physical therapy?

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

Will my insurance pay for therapy?

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