

HOMER PHYSICAL THERAPY, LLC.

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INFORMATION ON TREATMENT FOR PELVIC FLOOR DYSFUNCTION AND BLADDER / BOWEL PROBLEMS

IMPORTANT – READ IMMEDIATELY

Your first appointment will take 45 to 90 minutes so plan your time appropriately. Please arrive at least 15 minutes early to complete necessary paperwork.

Your appointment is scheduled for _____ a.m./p.m. on _____

Enclosed please find:

1. MEDICAL HISTORY AND SCREENING QUESTIONNAIRES
2. KEEPING A RECORD OF YOUR BLADDER FUNCTION
3. DAILY VOIDING LOG.

All these forms must be completed prior to your first appointment.

- Begin the voiding log now.
- Be sure to read the directions for KEEPING A RECORD OF YOUR BLADDER FUNCTION carefully so your log is as accurate as possible.
- Incomplete information may delay insurance processing and authorization for subsequent treatment.
- Prior to your first appointment we recommend you check with your insurance company regarding coverage for treatment.

The office evaluation of your condition may include:

- Observation of your vaginal/rectal area.
- Internal vaginal/rectal examination of your pelvic floor muscles.
- Measurement of your pelvic floor muscle function with biofeedback equipment using stick-on sensors or internal sensors inserted rectally or vaginally. These instruments record your muscle activity and help evaluate and treat your pelvic floor muscles.
- Exercise instruction for pelvic floor and other muscle groups as indicated.

Return visits for therapy will be scheduled at regular intervals to measure your progress and modify your exercise program as needed. These appointments are important in order to progress your treatment program.

Please feel free to invite someone to accompany you to your appointments if doing so will make you feel more comfortable.

If you have any questions, please telephone _____.