



Pelvic Health Physiotherapy: Assessment and Treatment

What to expect during your initial evaluation

At your first appointment a physiotherapist will meet with you to first obtain your medical history. Following the history, the physiotherapist will perform an external and internal musculoskeletal examination. The patient will undress from the waist down with proper draping during this portion of the assessment. The internal assessment is done by the therapist gently inserting one finger into the vagina or anus and palpating each muscle group. If this is not tolerable the initial session can be completed with solely external assessment, however, internal assessment is necessary for a comprehensive evaluation.

Your initial assessment will include:

- Postural and structural assessment
- Evaluation of connective tissue
- Myofascial evaluation
- Examination to identify myofascial trigger points
- Pelvic floor examination: neural mobility and tenderness, muscle tone, connective tissue mobility, motor control, strength testing
- Skin inspection

After the assessment has been completed, the physiotherapist will discuss the assessment and treatment plan with you. You are always welcome to bring another person with you to any and all physiotherapy appointments and have that person present during assessment/treatment.

What to expect during treatment

Treatment sessions are at least 45 minutes in length. Based upon the established treatment plan, most patients are seen 1-2 times per week. The duration of the treatment depends on the individual and the chronicity/severity of the problem. Treatment duration can range from 8 weeks to one year.

A treatment session involves internal and external manual therapy and may include some or all of the following:

- Connective tissue mobilization
- Pelvic exercise with manual cueing
- Neural mobilization
- Myofascial release
- Myofascial trigger point release
- Neuromuscular re-education
- Sacro-iliac joint/hip/lumbar spine mobilization
- Home exercise program development
- Pelvic floor muscle stretching
- Relaxation techniques
- Patient education