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## *What can I expect at my first Pelvic Health Physiotherapy appointment?*

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Every assessment and treatment is unique to that individual. We will start by taking a confidential and detailed history of your condition. We understand that there are often sensitive issues that are difficult to discuss, however a complete understanding of your symptoms and how they affect your activities during daily life is essential in planning your treatment.

Your physical assessment will include examination of your posture, your lumbar spine, your pelvis and abdominal muscles. The following **internal vaginal and/or rectal assessment** are an important part of your examination and critical in identifying the tone, strength, and control of your pelvic floor muscles. The pelvic floor muscles and connective tissue will be assessed for scarring, sensation, tenderness, signs of pelvic organ prolapse, muscle tone and neural sensitivity using finger palpation.

Your physiotherapist has advanced training and certification in the muscles and tissues of the pelvis allowing her to perform an internal assessment. We will discuss all aspects of the assessment and treatment thoroughly before proceeding.

The assessment findings will determine what treatment program is appropriate for you. Your physiotherapist will discuss her findings with you and an individualized exercise program will be developed.

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### *On the day of your assessment:*

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- Come 15 min prior to your appointment to give yourself enough time to empty your bladder before assessment, and feel relaxed
- There is a bathroom conveniently located in our facility
- Bring your completed initial assessment forms (previously emailed to you)
- Bring your Physician's, or Specialist's, referral if you have received one