



## What to Expect for your Pelvic Floor Examination & Consent Form

Congratulations! By scheduling a comprehensive evaluation, you are taking a huge step to improving your well-being. Let's go over a few things to help you feel prepared before your appointment. I am so excited to work together to achieve your goals.

### **Before Your Evaluation**

Be sure to complete all intake forms sent to you at least 24 hours prior to your appointment. This way I can best prepare for you, and we can get the most out of our valuable time together. My evaluation will include assessment of functional movements such as squatting and other movements, therefore it is ideal to wear clothes that you are comfortable moving in and accessible for me to provide hands-on and visual evaluation of movement and function of the total body.

### **In-Home Visits**

No need to straighten up! I mean it...zero judgment here. I will arrive with my to-go clinic which includes a portable treatment table and all supplies needed. The ideal place for me to set up is wherever you are comfortable and have the privacy you desire for our session as well as space for my treatment table (6x2.5ft).

### **Virtual Visits**

Similar to in-home visits, I will be instructing and guiding you through functional movements for assessment and treatment. It is ideal to have the privacy you desire and space to move around within the view of your webcam.

## **The Evaluation**

During your evaluation we will discuss your history including details about why you're seeking therapy, your symptoms, and other important and related life factors. I want to hear your story and what goals you want to achieve.

Anatomy and education: I always like to educate on the pelvic floor and its relation to the rest of your body. You will leave your initial evaluation with a good understanding of its function and what may be causing your current symptoms or concerns.

Examination: Every evaluation and examination are different depending on your unique symptoms, but it usually involves a few things:

- Larger functional movements to better understand how your body moves (i.e. walking, squatting, balance, or rolling on the bed).
- A strength and flexibility assessment of your surrounding muscles to see how these may influence your symptoms such as your spine, hips, or feet.
- A breathing and abdominal assessment as these can greatly influence your pelvic floor.
- A pelvic floor muscle examination. This examination has an external component as well as an internal component through the vagina or the rectum.

Pelvic Floor Muscle Examination: To start, I will educate you on what is involved and what to expect. Before I step out or away for your privacy, I will provide you with draping and give you clear instructions for undressing from the waist down, positioning, and covering with draping. This exam is performed with clear communication, intent, and of course your consent. You may stop the exam at any time. The internal exam component is still possible while a woman is having her period and is determined by the comfort level of the patient. Internal exams are not performed during an active local infection, outside of 13-36 weeks pregnant, or if you are presenting with a contraindication. You are welcome to bring a second person with you to be present during your evaluation. If you are not comfortable with having an external and/or internal exam on your first visit, or at all, we can still perform a comprehensive evaluation and there are still many options and treatments

available to help you reach your goals. Additionally, if you are unsure, we can revisit consent at a later time.

- External Component: I will perform observation and palpation with a gloved hand of external elements. The external component can include a skin check, palpation for sensitivity, pain/tenderness, and/or restrictions of tissues, and observation of muscle coordination. You may be asked to “kegel” and to “cough” in order to see how your pelvic floor responds to certain movements and actions.
- Internal Component: The internal exam is performed with a gloved finger and lubricant and should be comfortable and pain free. During the exam I assess a few things but mainly I am looking at your pelvic floor muscle strength, the tone and length of your muscles, any tender areas, and if your muscles are coordinated when you use them. You can expect to be asked to perform certain movements including kegels, breathing maneuvers, and possibly bearing down at various points throughout the exam. It is important to note the pelvic floor has a close connection with emotional states and you may unexpectedly experience changes in emotions during the exam.

Diagnosis: After the evaluation, we spend time together discussing your condition paired with my findings and what I can do for you in improving your symptoms.

Homework: You will always leave your initial evaluation with homework to get started on. The key to improving Pelvic Floor symptoms is to carry over what we did or talked about in our session to home and your day-to-day life. This homework can be varied and may include keeping a diary of symptoms (like when you experience bladder leakage or how long your pain lasts after sex), modifying a certain part of your lifestyle (like decreasing consumption of bowel or bladder irritants), and/or strengthening and stretching exercises to help with your pelvic floor control or pelvic pain. You will leave with a clear plan on what you need to do prior to your next appointment.

Written Informed Consent:

I \_\_\_\_\_ have read and understand the above information and hereby consent to obtaining an internal pelvic floor examination. I understand that there are risks involved in participation and I have informed my therapist of any contraindications I have that may prevent my eligibility and/or safety for obtaining an internal pelvic floor examination. I certify that I have been cleared by my doctor to participate in a pelvic floor therapy internal assessment and I assume all such risks

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_