



Pelvic Floor Therapy for Adults

Pelvic floor therapy helps muscles in and around the pelvis work better and may reduce pain.

The pelvic floor is a set of muscles that goes from the pubic bone on the front of the pelvis to the tailbone on the back of the pelvis.

If you have symptoms related to bowel, bladder or sexual function, pelvic floor therapy may improve the quality of your life. It can also help reduce pain in the abdomen, pelvis, low back, hip, and genital or anal region(s).

What to expect on your first visit

- We will ask you to fill out one or two forms to give your therapist details about your symptoms. This will help guide your evaluation.
 - The therapist will listen to your health history and ask about your current symptoms. They may ask follow-up questions about factors that could contribute to your symptoms. These factors can include:
 - Nutrition
 - Toileting habits
 - Stress
 - Wellness activities
 - Your job or other daily activities
 - Sleep habits
 - Sexual activities
 - Your therapist will also do a physical exam. This will help them see how the muscles, ligaments, nerves, joints and movements at the pelvis and nearby areas may affect your symptoms. They may also look at your posture, breathing patterns and scar tissue mobility.
- Your therapist may recommend an exam of your external and/or internal pelvic floor muscles. Your therapist will use draping and clear communication to help maintain your modesty and comfort with each step of the exam. An internal exam may involve a single, gloved finger inserted into the vagina or rectum. This will help your therapist assess your pelvic floor muscles.
 - Your therapist will teach you about your pelvic floor function as it relates to your symptoms. They will create a rehabilitation program for you.
 - You may feel nervous about your first visit. We encourage you to talk to your therapist about the evaluation and treatment options that may be best for you.

Visit nm.org/rehabinfo or scan this QR code for:

- Clinic locations
- Appointment scheduling
- Services offered
- Patient education



Ask your physician for a therapy referral.

Please call 630.933.1500 (TTY:711) to learn more or schedule a visit.