

Consent for Pelvic Floor Evaluation and Treatment

I understand that if I am referred to physical therapy for pelvic floor dysfunction, it may be beneficial for my therapist to perform a muscle assessment of the pelvic floor. Pelvic floor dysfunction includes, but is not limited to: urinary or fecal incontinence, difficulty or pain with bowel, bladder or sexual functions, painful scars after childbirth or surgery, persistent sacroiliac joint or low back pain, or pelvic pain conditions such as vulvodynia, vestibulitis, or pudendal neuralgia.

I understand that to evaluate my condition it may be necessary to have my therapist perform an internal pelvic floor muscle examination. This examination is performed by observing and/or palpating the perineal region including the vagina or rectum. This evaluation will assess skin condition, reflexes, muscle tone, strength, endurance, scar mobility and function of the pelvic floor muscles.

Treatment procedures for pelvic floor dysfunction may include: soft tissue massage and/or joint mobilization, stretching and strengthening exercises, use of biofeedback with vaginal or rectal sensors, use of dilators or vaginal weights, and education to increase pelvic floor awareness. The therapist will explain all of these treatment procedures to me. I may choose not to participate with all or part of the treatment plan.

Potential Risks: I may experience an increase in my current level of pain or discomfort, or an aggravation of my existing condition. This discomfort is usually temporary. If it does not subside within 1-3 days, I agree to contact my therapist.

Potential Benefits: I may experience a decrease in pain and an increase in body awareness, flexibility, strength, endurance and ability to perform my daily activities. I will gain greater knowledge about the causes and management of my condition and the resources available to me.

I understand that if I am uncomfortable with the assessment or treatment procedures at any time, I will inform my therapist and the procedure will be discontinued.

Conditions that would limit the ability to receive a pelvic floor evaluation or treatment include: pregnancy, infection, vaginal dryness, less than 6 weeks post-partum or post-surgery, severe pelvic pain, sensitivity to lubricants or latex.

I have informed my therapist of any condition that would limit my ability to receive a pelvic floor evaluation or treatment.

I agree to the evaluation and treatment of my condition.

Patient Signature

Date