

Date: _____

Welcome to Physical Therapy Associates. I am the Physical Therapist specially trained in the treatment of pelvic dysfunction.

For your first appointment, please arrive 15 minutes early to complete the registration process. (We are located at 500 Vincent St, Stevens Point, WI 54481, in Klasinski Clinic)

People with pelvic dysfunction often wonder what Physical Therapy can do for their condition. By using manual therapy, behavioral approaches, and exercise training, you will be enabled to meet mutually set goals such as decreasing pain and/or improving bladder and/or bowel function. The evaluation of your pelvic floor and its function requires an extensive history and physical examination that **may** include:

1. Observation/palpation of your vaginal/scrotal/rectal area.
2. Internal and external evaluation of your pelvic floor muscles.
3. Measurement of your pelvic floor muscle strength with s-EM, using stick-on sensors or internal sensors placed vaginally or rectally.
4. Mobilization of the pelvic floor, abdominal tissue, and/or pelvic viscera.
5. Exercise instruction for pelvic floor and abdominal muscles as indicated.

In order to gain optimum benefit from your evaluation, please spend the time required to accurately fill out the enclosed questionnaire and bring it with you to your first appointment.

If a bladder diary is included in this information, please read the instructions and complete the diary before your first appointment. It is very important that you attempt to complete this diary at minimum of two days prior to your appointment, in order to ensure an accurate assessment of your condition.

Please feel free to invite someone to accompany you to your appointments, if doing so will make you feel more comfortable. If you have any questions or concerns, please call me at (715) 345-2797

Sincerely,

Kimberly Johnson, P.T., M.S.