

REFERRAL

Patient Name: _____ Tel: _____

Diagnosis: _____

Referring Physician: _____ Tel: _____

PATIENT REFERRED FOR

Pelvic & Incontinence

☐ Assessment by a Pelvic Health Physiotherapist

Book your free consultation with our Pelvic Health Physiotherapist.

Condition referred for:

☐ Urinary Incontinence

☐ Dyspareunia

☐ Vestibulodynia / Vulvodynia

☐ Endometriosis

☐ Post – Partum Rehab

☐ Post-Abdominal / Pelvic Surgery

☐ Pelvic Girdle Pain

☐ Pelvic Organ Prolapse

☐ Other _____

INFORMATION FOR PATIENT

What is Pelvic Floor Physiotherapy?

A series of muscles, ligaments and other connective tissue forms the structure known as the pelvic floor which sits at the bottom of your pelvic and supports the abdominal organs such as the uterus, bladder and sexual organs. These structures work together and stabilize the pelvis, sacrum and hip joints. They play an important role in urination, bowel movement, sexual function and core strength. Any compromise of these muscles and ligaments can cause pelvic pain, back pain, incontinence and sexual dysfunctions. These structures often require rehabilitation after delivering a baby, and after abdominal and / or pelvic surgery. Pelvic floor physiotherapists assess the integrity, strength and function of these muscles and provide treatments to properly activate these muscles, restore optimal movement strategies, and help you return to activity.

Who would benefit from Pelvic Floor Physiotherapy?

Women and men who suffer from any of the following symptoms will benefit from Pelvic Floor Physiotherapy:

- Incontinence – unable to control the leakage of urine or stool (with coughing, physical activity etc.)
- Urgency – having a strong urge to urinate or defecate that is difficult to control
- Frequency – having to urinate very frequently and disrupting your everyday routine
- Diastasis recti
- Pain during or after intercourse or with any sexual stimulation
- Constipation, straining or pain with bowel movements