



It's about you

Outpatient Rehabilitation
1000 Fowler Way, Suite 6
Placerville, CA 95667
T: 530-344-5430; F: 530-344-5431

IMPORTANT TREATMENT INFORMATION: PELVIC FLOOR DYSFUNCTION AND BLADDER/BOWEL PROBLEMS

PLEASE READ IMMEDIATELY

Your first and second appointment will take 60 minutes so plan your time appropriately. Please arrive 15 minutes early FOR YOUR FIRST APPOINTMENT to register.

Prior to your first appointment, complete and bring with you the following three forms:

- 1. HISTORY AND SCREENING QUESTIONNAIRE**
 - a. Current medication and allergy list**
- 2. PELVIC FLOOR QUESTIONNAIRE SHORT FORM 7**
- 3. DAILY VOIDING LOG (3-4 days)**

If you also have pain symptoms, please complete form 4 and bring it with you to your first appointment:

- 4. VULVAR PAIN FUNCTIONAL QUESTIONNAIRE**

Be sure to read the directions for **DAILY VOIDING LOG** carefully so your log is as accurate as possible.

- Incomplete information may delay your progress with physical therapy.

The office evaluation/treatment of your condition may include:

- Review of your history.
- Musculoskeletal and pelvic floor muscle exam (internal).
- Balance and gait assessment
- Abdominal assessment
- Postural and pelvic assessment
- Measurement of your pelvic floor muscle function with biofeedback equipment. These instrumental record your muscle activity and help evaluate and treat your pelvic floor muscles.

Return visits for therapy will be scheduled at regular times to measure your progress and modify your specialized program after the second visit. These appointments are important in order to progress your treatment program and success with physical therapy to meet your goals.

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, please feel free to contact us at 530-344-5430.