

What to Expect During Your Pelvic Floor Physiotherapy Appointment

1. Private, Comfortable Environment

Your session will take place in a private room with a calm and respectful setting. We ensure your comfort and dignity throughout.

2. One-on-One Discussion

Your physiotherapist will take time to understand your concerns, medical history, and goals. We may ask about bladder, bowel, sexual, or pelvic symptoms to guide treatment - but only what you're comfortable sharing.

3. Physical Assessment

Depending on your symptoms, the physiotherapist may:

- Assess your posture, breathing, and core muscles
- Perform an external or internal pelvic floor exam (with your full consent)
- Evaluate muscle strength, tension, and coordination

Internal exams are optional and always explained beforehand. You're in control of what happens at every step.

4. Personalized Treatment Plan

We'll create a treatment plan tailored to your needs. This may include:

- Education about your condition
- Pelvic floor exercises
- Manual therapy
- Breathing and posture techniques
- Lifestyle or bladder retraining strategies

5. Questions and Consent

You'll have plenty of time to ask questions. We'll explain everything clearly before proceeding - no surprises, and no pressure.