

# Pelvic Floor Physical Therapy

## ABDOMINAL AND/OR PELVIC SURGERIES

Following abdominal and/or pelvic surgeries, there can be changes in how the abdominal and pelvic muscles function to support you. There also may be pain that is not fully resolved.

### THESE SURGERIES INCLUDE:

- Endometrial ablation or excision surgery
- Hysterectomy
- Fibroid surgery
- Reconstructive surgery to repair the pelvic floor and return organs to their original position
- Hernia repair

### CONCERNS YOU MAY HAVE THAT ARE ADDRESSED IN PELVIC FLOOR PHYSICAL THERAPY:

- Bladder changes such as urgency, frequency, incomplete emptying, incontinence
- Pelvic and/or abdominal pain
- Bowel changes such as constipation, incomplete emptying, leakage of stool
- Sexual changes such as pain with penetration or orgasm

### WHAT TO EXPECT:

Before your first visit, please complete forms that list your history, current symptoms and concerns. This information will help the physical therapist with your evaluation. At your initial



physical therapy visit, you and your therapist will discuss any concerns.

### EVALUATIONS MAY INCLUDE:

- Posture, coordination, muscle strength and flexibility
- Breathing patterns
- Pelvic floor/abdominal wall scar mobility and myofascial assessment
- Nutrition and fluid intake
- Bladder, bowel and sexual concerns (if appropriate)

Education is a big part of physical therapy and can include reviewing the structure of pelvic floor muscles, handouts, and instruction/training for a home exercise program.

The therapist will explain all evaluation and treatment options to help you make informed decisions, and your healthcare team will work with you and your referring healthcare provider to determine your plan of care.

### SCHEDULING AN APPOINTMENT:

Talk with your healthcare provider about your concerns and request a referral for pelvic floor physical therapy. You can return the referral in person, by fax or email to the Keck Center. Most insurance plans are accepted. Before your first visit, be sure to contact your insurance provider to discuss any out-of-pocket expenses.

### CONTACT INFORMATION:

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