

## How It Works

- Your physical therapist will look at your muscles and joints to identify problems that are contributing to your current state. Your physical therapist will then develop an individualized treatment plan for you to address these identified problems to help you reach your goals—including reducing your pain and improving your function.

## Expectations

- ☐ Physical therapy is a two-way relationship that requires commitment from both you and your physical therapist in order to be successful.
- ☐ Your physical therapist will give you specific, individualized exercises and/or activities to do at home to allow you to reach your goals. The expectation is that you complete these exercises and/or activities as best you can. If you do not complete them, you may not progress in therapy or reach your goals. If you are having a hard time completing your home exercise program, please talk to your physical therapist.
- ☐ Your therapist will determine a frequency of appointments she believes is best for you to achieve your optimal outcomes. If you have questions about this frequency or your plan of care, please don't hesitate to talk to your physical therapist about this at any time.
- ☐ If you need to cancel an appointment, please try to reschedule within the same week of your cancelled appointment in order to maintain your determined optimal frequency of care. This is to ensure you reach your goals in therapy.

## Treatment Plan of Care

- ☐ You will likely be seeing your physical therapist for the next 3-6 months, more frequently at the start of your plan of care and then at decreasing frequency.
- ☐ Based on your initial evaluation, your physical therapist expects to see you \_\_\_\_\_ times per \_\_\_\_\_ for \_\_\_\_\_.

## Commonly Asked Questions

- ☐ You can still come to your physical therapy appointment when you have your period, even if your treatment often consists of internal work on the pelvic floor muscles.
  - We can still work on your pelvic floor muscles internally during your period, depending on your comfort level—it does not effect our treatment.
  - There are other beneficial interventions that can be the focus of your treatment session as well if you are uncomfortable working directly on your muscles during your period.
- ☐ Physical therapy takes time and commitment in order to be successful. The goal of treatment is for you to have the tools to treat and self-manage your condition for life.