



What is Pelvic Floor Physiotherapy?

Pelvic health physiotherapy is a specialized area of physiotherapy that is used to assess and treat a variety of dysfunctions that can occur as a result of either hypertonicity (tightness of the pelvic floor muscles) or hypotonicity (weakness of the pelvic floor muscles). This is performed by both an external and internal evaluation in which the tone, endurance, and strength of the muscles are tested by a trained pelvic floor physiotherapist.

Why is there an Internal Exam?

The pelvic floor consists of a number of small muscles that attach to the pelvis, spine, and pubic bones and play an important role in continence and support of the pelvic organs. Just like any other injury, it is necessary to properly assess the muscles and connective tissue to form an accurate diagnosis and guide treatment.

**You have the right to refuse an internal exam at any time.**

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Witness: \_\_\_\_\_