

Pelvic Floor Muscle Assessment

If you are attending Full Circle Physiotherapy for Pelvic Floor Physiotherapy, it is helpful to know what to expect at your first and subsequent visits.

At your first visit a detailed history of your symptoms will be taken and discussed with you. The attached questionnaire which asks about bladder, bowel, prolapse and sexual health assists this process of assessing your pelvic health and ideally is completed at home before your visit as it is quite extensive.

A physical examination of your pelvic floor muscles, to determine how they affect your symptoms, is often required to give a more accurate assessment of your condition. This will involve a visual assessment of your for and an internal vaginal examination (or for men and sometimes women a rectal examination).

This assessment may or may not occur at your first visit depending on your symptoms. Depending on your condition it may be done in future visits to reassess your progress. Your consent is needed to perform this examination, and you will be offered the chance to have a chaperone present if you prefer. You can refuse consent however this may affect the ability to fully assess and treat your condition most effectively.

Please contact the clinic on 85553766 before your initial consultation if you have any further questions or concerns.