

Rehabilitation Associates, Inc.

Welcome to Rehabilitation Associates Pelvic Floor Rehab Program

You have been referred for treatment to our Pelvic Floor Rehab Program. This is a specialized program for the treatment of urinary incontinence (bladder leakage), incontinence of stool, chronic constipation, pelvic pain, and other related pelvic conditions.

Your specially trained physical therapist will evaluate you and plan your treatment accordingly. Your initial evaluation may include an internal pelvic examination to best diagnose your impairments. To best design your treatment program, we may ask you to complete a voiding diary for one week prior to your first visit. Keep in mind that you will get the most out of your rehabilitation program by attending your therapy sessions regularly and carrying out your home program.

One aspect of your treatment may be the use of biofeedback. This may require the use of a vaginal or rectal sensor, or electrodes that are applied on the skin. The sensor may be inserted by you in a private restroom. Your physical therapist will determine which type of sensor or electrode you will need. This equipment would be used throughout your course of therapy but is not covered by insurance. There is a one-time cost of either \$35 or \$65 depending on the type that your therapist recommends.

We strive to address these sometimes embarrassing issues with privacy and professionalism. We trust that your experience here will be positive and that you will benefit from the interventions that we provide.

In good health,

The staff at Rehabilitation Associates