

**Introduction Letter
Information on Treatment
For Pelvic Floor Dysfunction and Bladder/Bowel Problems**

Your first physical therapy appointment will take 60 to 90 minutes, so plan your time appropriately. Please arrive at least 15 minutes early to complete necessary paperwork.

Your appointment is scheduled for _____ a.m./p.m. on _____

Attached (or on the website) please find:

Completed	Form #	Title of Form
	1	Introduction Letter
	2	Pelvic Floor History
	3	Keeping a record of Bowel & Bladder
	4	Informed Consent for Pelvic floor
	5	Financial Info & HIPAA Packet
	6	General History
	7	If you have pain: complete the male or female questionnaire

Please complete the following prior to your first appointment:

- Fill out the enclosed forms.
- Begin and maintain the bladder/bowel diary for 3 days
- Be sure to read the directions for keeping a record of your bladder/bowel function carefully so that your log/diary is as accurate as possible. Incomplete information may delay insurance processing and authorization for subsequent treatment.
- We recommend you check with your insurance company regarding coverage for treatment.

The office evaluation/treatment of your condition may include:

- Review of your medical history.
- Measurement of your pelvic floor muscle function with biofeedback equipment. These instruments record your muscle activity and help evaluate and treat your pelvic floor muscles.
- Musculoskeletal and pelvic floor muscle exam.
- Exercise instruction for pelvic floor and other muscle groups as indicated.

Return visits for therapy will be scheduled at regular intervals to measure your progress and modify your exercise program as needed. These appointments are important in order to progress your treatment program.

Please feel free to invite someone to accompany you to your appointments if doing so will make you feel more comfortable.

If you have any questions, please telephone (254)699-3933 or jmitchell@integrityrehab.net

Therapist Name: Jeanice Mitchell, MPT