



# OPTIM THERAPY PELVIC HEALTH & WELLNESS

## WHAT TO EXPECT AT YOUR FIRST APPOINTMENT

*Optim Therapy is committed to giving our patients exceptional care as we work with them on their journey to recovery and healing. The Optim Pelvic Health and Wellness program continues this philosophy by creating an individual tailored program that will meet the patient's specific needs and treatment goals. Before you begin pelvic floor therapy, we want provide you with some general information about what to expect at your first appointment, so you arrive prepared and comfortable.*



### Medical History Discussion

*Your therapist will take a thorough medical history and discuss your lifestyle, symptoms, and treatment goals. This is an opportunity for you to share your story and ask questions.*

### External Exam

*During the external exam, your therapist will observe and evaluate the function of your back, hips, pelvis, and abdomen looking for restrictions of mobility or movement, pain, tightness, or tenderness. The therapist will also assess your core and hip strength and perform a breathing assessment.*

### Internal Exam

*An internal exam is always optional and does not need to be performed at your first visit. The internal assessment is beneficial because it is the most direct way of determining how the pelvic floor muscles are functioning. It helps the therapist determine muscle trigger points, gauge muscle contractions, and assess tight connective tissue. The internal exam is gentler than a gynecological exam and does not require stirrups or a speculum.*

[optimorthopedics.com/pelvic-floor-rehab](http://optimorthopedics.com/pelvic-floor-rehab)

## FREQUENTLY ASKED QUESTIONS

**How long is a typical appointment?** *Appointments are typically 40 minutes.*

**Where will my therapy take place?** *All patients receive treatment in a private room – never in an open room or gym-type setting.*

**What should I wear to my appointment?**

*Wear comfortable clothes that allow you to move freely without restricting your movement.*

**Can I have therapy if I'm pregnant?**

*Yes. Please let your therapist know if you are pregnant or think you might be. Your therapist will consult with your OB/GYN throughout your therapy. An internal exam, if needed, will be performed after the first trimester.*



**THE ROAD TO RECOVERY  
STARTS HERE**

## Optim Pelvic Floor Rehab is offered at the Savannah location:

*Located at 210 E. DeRenne Ave., Savannah, GA 31405; on the first floor of the Optim Orthopedics building.*

## What should I bring to my appointment?

- Current photo ID
- Health insurance card
- A list of all current medications
- Any questions or concerns you want to discuss with your therapist
- Arrive early to give yourself extra time to fill out your new patient paperwork

[facebook.com/OptimOrtho](https://facebook.com/OptimOrtho)