



Pelvic Floor Physiotherapy Informed Consent

Nature of Treatment

Pelvic floor physiotherapy focuses on the assessment and treatment of muscles of the pelvic region. This may involve external and/or internal assessment and treatment techniques depending on your condition and consent.

Treatment may include:

- Education and lifestyle advice
- Breathing and relaxation techniques
- Pelvic floor muscle training
- Manual therapy (external and internal, if appropriate and consented to)
- Biofeedback or exercise-based rehabilitation
- Postural and movement retraining

Internal examinations or treatments (vaginal or rectal) will only be performed with your explicit consent and may be stopped at any time upon request.

Benefits of Treatment

Pelvic floor physiotherapy may help improve:

- Bladder or bowel control
- Pelvic pain or discomfort
- Postpartum recovery
- Core stability and function
- Sexual health and comfort
- Overall pelvic muscle strength and coordination

Risks and Possible Side Effects

Pelvic floor physiotherapy is generally safe. Possible side effects may include:

- Temporary discomfort or soreness
- Emotional discomfort or sensitivity during internal assessment
- Mild muscle fatigue
- Temporary symptom aggravation

Serious complications are rare.



Patient Rights & Comfort

You have the right to:

- Ask questions at any time
- Refuse or stop any part of the assessment or treatment
- Decline internal examination or treatment without affecting your care
- Request a chaperone during internal assessments

Your comfort, privacy, and dignity will always be respected.

Patient Responsibilities

You agree to:

- Provide accurate and complete health information
- Inform your therapist of any changes in your condition
- Communicate any discomfort during treatment
- Follow recommended home exercises and advice

Nature of Internal Examination

As part of pelvic floor physiotherapy, an internal examination may be recommended to assess and treat the muscles of the pelvic floor more accurately. This may be performed vaginally and/or rectally depending on your condition and clinical need.

Internal assessment is always optional and will only be performed with your explicit consent. You may decline or stop the examination at any time.

The purpose of internal examination is to:

- Assess pelvic floor muscle strength, tone, and coordination
- Identify areas of pain, tightness, or dysfunction
- Guide appropriate treatment and exercise prescription
- Support recovery of bladder, bowel, pelvic pain, or postnatal conditions

What the Examination May Involve

If you consent, the internal exam may include:

- A physical assessment using a gloved, lubricated finger
- Gentle palpation of pelvic floor muscles
- Muscle strength and coordination testing
- Treatment techniques such as gentle release or training of pelvic muscles

