

INFORMED CONSENT FOR ASSESSMENT AND  
TREATMENT OF THE PELVIC FLOOR

The Practice of Physiotherapy is the assessment of neuromuscular, musculoskeletal and cardio respiratory systems, the diagnosis of diseases or disorders associated with physical dysfunction, injury or pain and the treatment, rehabilitation and prevention or relief of physical dysfunction, injury or pain to develop, maintain, rehabilitate or augment function and promote mobility. For the purpose of assessing or rehabilitating pelvic musculature relating to incontinence or pain disorders. It is within the physiotherapy scope of practice to put an instrument, hand or finger, beyond the labia majora, or beyond the anal verge.

-this statement was adopted by the Regulated Health Professions Statute Law Amendment Act, Bill 179 effective September 1, 2011

I understand that it may be beneficial for my therapist to perform soft tissue assessment and treatment of the pelvic floor. Palpation of this area is most direct and accessible if done via the vagina and/or rectum. Pelvic floor dysfunctions include pelvic pain, urinary or fecal incontinence, dyspareunia (pain with intercourse), pain from episiotomy or scarring, vulvodynia, vestibulitis, or other similar conditions. Restrictions in this area may also be contributing to symptoms in other areas of your body.

I understand that the benefits of this procedure will be explained to me. I understand that, if I am uncomfortable with this treatment procedure AT ANY TIME, I will inform my therapist and the procedure will be discontinued and alternatives will be discussed with me.

This direct pelvic floor release procedure utilizes myofascial release principles entailing the relaxation and lengthening of muscles, fascia and other soft tissue structures within the areas of the pelvic floor, sacrum, coccyx, and the sacroiliac, hip and pubic joints. The procedure also requires pressure and/or distraction directly to the coccyx bone. This technique is an accepted physical therapy technique, as indicated above. Our experience has demonstrated that this direct pelvic floor release is helpful, often facilitating consistent therapeutic results. As with any area of the body, most people require a series of these specific treatments. This is determined by your evaluation, and treatment of findings.

I have read and understand fully and consent to the above procedure being performed by the Physiotherapist at Rylander Physiotherapy Centre.

Patient's Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_

Patient's Signature: \_\_\_\_\_

Witness or Physiotherapist's Signature: \_\_\_\_\_

\*\*\*If you are pregnant, have infections of any kind, have vaginal dryness, are less than 6 weeks post partum or post surgery, have severe pelvic pain, sensitivity to KY jelly, vaginal creams or latex, please inform the Physiotherapist prior to this procedure.