When To Refer for Peri-Natal or Pelvic Health Physiotherapy

☐ Pregnant, post-partum or older women who wish to optimize their pelvic health

☐ Patients with sacro-iliac joint dysfunction, pubic symphysis pain, or low back pain

☐ Patients with constipation, stress or urge urinary incontinence, or fecal incontinence

☐ Patients complaining of pelvic, groin, lumbar, or abdominal pain, or pain during intercourse or who may have internal myofascial trigger points

☐ Patients with pelvic organ prolapse or complaints of vaginal heaviness, bulging, or a feeling of “falling out”

☐ Patients who have difficulty connecting to the pelvic floor muscles or who are unsure of how to correctly connect to and engage the muscles

☐ Patients with diastasis recti bulging, over stretching, weakness, separation, or other impairments of the abdominal wall

☐ Patients who are hoping to return to sports or fitness routines

☐ Patients with painful or restricted perineal or abdominal scars post-operatively

☐ Patients with musculoskeletal complaints related to impaired alignment, biomechanics, or neuromuscular control

☐ Patients planning to or who have already had a urological/gynaecological surgery