

Informed Consent for the Assessment and Treatment of the Pelvic Floor

Internal examination and treatment of the pelvic floor muscles is consistent with physiotherapy practice and complies with national physiotherapy policies as an aid for assessment and treatment of specific conditions within the pelvic area.

Internal restrictions in the soft tissue within the pelvis and pelvic floor may be a contributing to your pelvic symptoms, but also may be affecting other areas of the body, such as your hips or your back. Palpation of this area is most direct and accessible via the vagina (or in some cases, the rectum). This enables the therapist to assess and release internal scar tissue which may be at the root of your problem.

This intervention may be helpful in treating conditions such as

- pelvic floor dysfunction
- pelvic pain
- urinary or faecal incontinence
- pain during or after sexual intercourse
- pain from tears, episiotomies, and scarring
- vulvodynia, or other similar conditions
- coccygeal pain

Internal Myofascial Release requires a delicate and sustained finger touch (gloved and lubricated), directly on to the restricted tissues. Though tissues may feel tender, (which is usually a sign that we are on the right spot), the treatment itself should not be painful or cause any discomfort at any point.

My experience has demonstrated that this direct pelvic floor release produces lasting therapeutic results.

I will always explain the plan and gain your permission and cooperation prior to commencing, and then keep you in the know at all times. I describe what I am doing, and what I am feeling so you can tune in and become aware of the shifts as they occur. I do my absolute best to make this intimate intervention as relaxed and comfortable as possible allowing you to be at ease throughout but **if for whatever reason you do not feel comfortable or you wish me to stop, please let me know immediately.**

As with any area of the body being treated, you may require a few sessions over a period of time to achieve the desired result. This is very individual and will generally depend on the findings as well as on your own body's response to the treatment. Most women experience at least some benefit following the first session (and some have a huge improvement!). This will allow you to decide if you wish to continue with this modality.

Please feel free to bring a chaperone with you, and your own lubricant if you prefer.

Your privacy and dignity will be respected at all times.

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, using any IUD, if you are sensitive to KY jelly, vaginal creams or latex, please let me know prior to this procedure.

***I have read the information provided regarding internal fascial release and understand how it may help me.**

***I consent to internal fascial release being performed by the therapist Dana Bregman.**

***I will communicate with Dana regarding any discomfort and I reserve the right to request treatment is stopped at any point.**

Patient's Printed Name:

Patient's Signature:

Witness or Therapist's Signature:

Date: