

QUESTIONS TO ASK YOUR PELVIC FLOOR PHYSICAL THERAPIST



Women of all ages value their sexuality. Pelvic floor physical therapy can help people with pelvic pain, sexual function problems, and bowel and urinary or bladder problems. Finding the right pelvic floor therapist for each individual takes some work. Here is a list of questions to ask a pelvic floor therapist to determine if they're the right therapist for you.

1. Do you have any special training to treat pelvic floor problems?
2. What professional meetings do you regularly attend?
3. Do you treat pelvic floor problems that cause dyspareunia or pain with sexual activity or penetration?
4. Do you have experience using internal (transvaginal or transanal) pelvic floor physical therapy techniques to help women with vaginismus?
5. Are you comfortable treating women with pelvic floor problems who are also experiencing decreased sensation in the genital area and difficulty with sexual arousal and orgasm?
6. Do you use any biofeedback tools or techniques? If so, what kind and do you always use them or is the decision personalized to the patient?
7. Do you have experience helping women with vaginal dilators?
8. Do you have experience treating difficulty with urination, bladder problems and constipation in women with tight pelvic floor muscles?
9. Do you work with a gynecologist or another medical doctor with experience in female sexual function?
10. What should I expect for the evaluation and what is a typical treatment period for a woman with problems related to a tight pelvic floor and vaginismus?
11. Are there any women you do not treat?
12. Are you comfortable treating women with a same-sex partner or no current partner?

For answers to these questions and information on how to check if a physical therapist is certified in pelvic floor visit therapy, check out our blog: "[Are you my pelvic floor physical therapist?](http://www.womanlab.org/are-you-my-pelvic-floor-physical-therapist)" (<http://www.womanlab.org/are-you-my-pelvic-floor-physical-therapist>)

For more information about female sexual function in the context of cancer visit www.womanlab.org, and connect:

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 WeAreWomanLab

 info@womanlab.org

Important professional organizations recommend that doctors talk to women with cancer about sexual function:

National Comprehensive Cancer Network (www.nccn.org)

National Cancer Institute (www.cancer.gov)

The American Congress of Obstetricians and Gynecologists
(www.acog.org)

Society of Gynecologic Oncology (www.sgo.org)

Scientific Network for Female Sexual Health and Cancer
(www.cancersexnetwork.org)