

How to Talk to your Doctor About Pelvic Floor Muscle Training?



Pelvic floor muscle training can be an effective option for treating urinary incontinence. This guide is designed to help you start the conversation with your healthcare provider and know what to ask when meeting with a pelvic floor physical therapist.

Getting Started: Finding a Pelvic Floor Therapist

- Talk to your primary care provider, OB-GYN, urologist, or nurse practitioner about your symptoms and ask if pelvic floor physical therapy could help.
- Ask your provider if they can recommend a pelvic floor therapist in your area.
- Depending on your insurance plan, you may need a referral before scheduling your first appointment.
- If access is limited, ask about telehealth options, which may be available for some visits.
- It's okay to ask your provider questions — PFMT is a common, evidence-based treatment for urinary incontinence.

Questions to Ask at Your First Pelvic Floor Therapy Visit



It's normal to feel nervous before your first pelvic floor therapy appointment.

Many people aren't sure what to expect or worry about feeling embarrassed. Pelvic floor therapists are specially trained in pelvic health and work with these concerns every day. Their goal is to help you feel comfortable, respected, and supported. You can ask questions and move at a pace that feels right for you.

About the evaluation

- What will my first appointment look like?
- What kinds of assessments will you do?
- Will there be a physical exam, and what should I expect?
- Is everything discussed and examined confidential?

About progress and results

- What kinds of improvements should I expect?
- How long does it usually take to notice changes?
- How will we measure progress?
- What should I do if I don't notice improvement right away?

About the treatment plan

- What type of pelvic floor issues do you think I'm experiencing?
- How will my treatment be personalized to me?
- Will therapy focus only on strengthening, or also on relaxation, coordination, or movement?
- How does pelvic floor therapy fit into my daily activities or exercise routine?

About home exercises

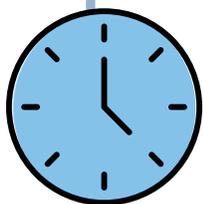
- Will I have exercises to do at home?
- How much time should I expect to spend practicing between visits?
- How do I know if I'm doing the exercises correctly?
- What should I do if something feels uncomfortable or confusing?
- Advocating for Yourself
- It's okay to ask for clarification if something doesn't make sense.
- You can ask for modifications if an exercise or approach doesn't feel right.
- Pelvic floor therapy is not one-size-fits-all — your plan should reflect your goals, comfort level, and lifestyle.
- Improvement may take time, and small changes still matter. The important thing is to stick with it!

About sessions and scheduling

- How often will I need to come to therapy?
- How long is each session?
- How many visits do people typically need?
- What happens if I miss a session or need to adjust my schedule?

REMEMBER

- Urinary incontinence is common, treatable, and nothing to be embarrassed about.
- Pelvic floor muscle training can be part of a plan to help you feel more confident, informed, and in control.



If You've Ever Crossed Your Legs to Sneeze, This Podcast Is for You

Research shows that PFMT is effective in women of all ages.

