

Dear Patient,

Welcome to Physical Therapy ONE! Here is a brief summary of what to expect at your first visit with our Pelvic Floor Specialists.

The first visit includes an interview and physical therapy examination. The interview will consist of reviewing past medical history, surgical history, and symptoms. In the physical therapy examination, your therapist will likely perform general screenings of posture, strength, and range of motion. She will also perform an examination of pelvic floor muscles. First she may simply observe your bottom at rest and while performing a “Kegel” exercise. Then she will ask you to bear down and check for pelvic organ prolapse. Lastly she will perform an internal examination to grade muscle strength of the pelvic floor musculature and check for painful areas. A biofeedback assessment may also be performed.

Based on these findings, your therapist will be able to design a treatment program for you and make suggestions for equipment which may speed recovery.

Please feel free to contact one of us if you have any questions or if there is anything that you we can do for you before your first visit.

Sincerely,

*The Pelvic Floor Specialists at **Physical Therapy ONE:***

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