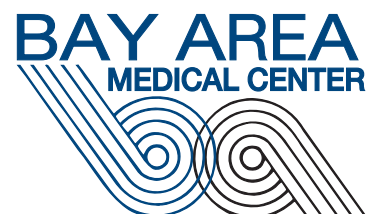
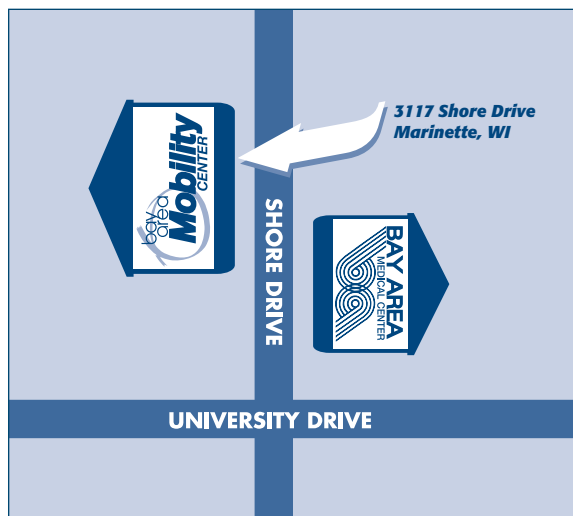


Welcome

Your doctor has scheduled you for a women's health physical therapy evaluation at Bay Area Mobility Center. This brochure should answer most of the questions you may have concerning this evaluation.

If you have any further questions, feel free to call our Women's Health Physical Therapist, Jessica Aubert at 715-735-4200 x 5149.

Your appointment is scheduled for:



3100 SHORE DRIVE
MARINETTE, WI 54143
(715) 735-4200

www.bamc.org

PHYSICAL THERAPY

*BAMC Patient's Guide to
Women's Health Physical Therapy*



Women's Health Physical Therapy

What is a Women's Health Physical Therapy Evaluation?

This is a complete assessment of your pelvic floor. This assessment is done to improve your quality of life by reducing pain and improving strength and pelvic floor function. This evaluation is performed by a physical therapist that is trained in women's health issues.

What should I do before coming in for my Women's Health Physical Therapy Evaluation?

You will receive an information packet and a diary to fill out before your visit. It is very important that you fill out the diary for at least two days. This will help your physical therapist and will help to justify your therapy to your insurance company.

What will happen during my Women's Health Physical Therapy Evaluation?

You will go into a private treatment room. The therapist will review your information, ask more questions and allow you to get comfortable. Then your lower back and legs will be screened. Finally, with your consent, the physical therapist will perform a pelvic floor evaluation. The therapist will explain the results and there will be time for you to ask questions.

How long will the Women's Health Physical Therapy Evaluation take?

The evaluation will take about 60 to 90 minutes.

What happens after the Women's Health Physical Therapy Evaluation?

You and your physical therapist will determine your treatment and set up any additional appointments. Your doctor will also get the results and will get weekly to monthly updates of your progress with physical therapy.

Why Physical Therapy for Incontinence and Pelvic Pain?

Your pelvic floor is made up of muscles, ligaments, and nerves just like any other part of your body. Physical therapists are experts in the area of strengthening, increasing flexibility, and decreasing pain.

How will I be billed for this?

We will bill your insurance company directly. Please bring your insurance card and your physician's referral form for physical therapy on the day of your evaluation. Some insurance companies require pre-authorization for physical therapy. Please check with your insurance to see what their requirements may be.

What if I have to cancel my appointment?

Cancellations are sometimes unavoidable; however, we ask that you notify us as soon as possible that you need to cancel. This courtesy assists the staff in daily scheduling of other patients who may be waiting for an appointment.