

Myofascial Release of Central Florida

Assessment and Treatment of the Pelvic Floor Informed Consent

All internal and external evaluation and treatment of the pelvic floor will comply with Physical Therapy laws and regulations and will be performed by a trained, licensed Physical Therapist.

The use of internal techniques to address and treat fascial restrictions in the pelvic floor, pelvic diaphragm and viscera are extremely beneficial in treating pain and symptoms directly related to the pelvic floor and near-by areas. Restrictions in this area may also contribute to symptoms in other parts of the body.

Techniques for treatment of the pelvic floor are with patient consent only. The therapist will explain and educate the patient on the procedures and techniques involved. The patient has the right to halt or stop the therapist at any time if he or she becomes uncomfortable with treatment. The therapist will respect and honor the patient's request without question.

The therapist will apply the Myofascial Release approach and principles to treat the pelvic floor and surrounding soft tissue. This will consist of direct, gentle pressure to help release and lengthen the muscles and soft tissue structures of the pelvic floor, sacrum, sacroiliac, hips, pubic joint and coccyx.

Prior to treatment, please notify your therapist if you are pregnant or think that you may be pregnant, have infections of any kind, have an allergic reaction or sensitivity to lubricant jelly, have vaginal dryness, have had recent surgery, or are using an IUD.

I have fully read and understand the above consent. I am authorizing permission for my therapist to proceed with treatment.

Printed Name _____ Date _____

Patient Signature _____

Therapist Signature _____