

# **Questions to Ask When Searching for a Women's Health Rehab Specialist:**

## **1. Do you specialize in women's health?**

- Women's health isn't always advertised so you may need to call physical therapy clinics to see if they have someone on staff who specializes in this area.
- Check to see if they are a "specialist," or at least a therapist who has done extra training in this area. You can even ask what special training they have done.

**NOTES:**

## **2. Do you work with pregnant women?**

- Pregnancy presents its own set of challenges so it is best to find a therapist who is comfortable with prenatal clients.
- While most therapists do not do internal work during pregnancy, there are still ways to address pelvic floor concerns while pregnant.

**NOTES:**

## **3. Is your facility set up for private assessments?**

- This may seem like an obvious question, but you'd be surprised how many clinics are not set up for private care.

**NOTES:**

## **4. Do you do internal pelvic floor muscle work?**

- It is important to understand their approach and training prior to your appointment. Ask specifically if they use biofeedback, manual work, or a combination in their approach.

**NOTES:**

## **5. What kind of equipment do you use? Would I need to purchase any extra equipment or devices?**

- This helps you further understand their approach, as well as what to expect during your treatment.

**NOTES:**

**6. Do you have experience with \_\_\_\_\_ (*insert specific concerns*)?**

- You can also ask: What are the most common diagnosis/issues you see in your clinic? (*Prolapse, pelvic pain, incontinence, sexual dysfunction, pregnancy related pelvic dysfunctions, diastasis recti*). This will help determine the scope of their training and treatment.

**NOTES:**

**7. What kind of success rate do you have with treating \_\_\_\_\_ (*insert specific concern*)?**

- What you are looking to see is if they optimistic that they can help you.

**NOTES:**

**8. What would I be doing in a therapy session?**

- You may want to ask if they will be doing a pelvic exam in the first session. Many do not as there are several other areas to address before internal work.
- **\*\*If you have prolapse, ask if they do standing pelvic floor assessments. Often, pelvic prolapse symptoms present differently in standing, so this is important to get a proper assessment.**

**NOTES:**

**9. How often would I be expected to see you? And for how long?**

- This isn't always exact since they haven't assessed you yet. But you'll want to know the investment of time and money now so you can make the arrangements needed.

**NOTES:**

**10. How will this treatment affect my fitness routine?**

- Understanding the changes in your daily life due to rehab helps you be more compliant and successful.

**NOTES:**