



## Privacy



Your initial evaluation will take place in a private treatment room. Any subsequent treatment that requires discretion will also be conducted in private. You are welcome to bring a support person or you may request a chaperone.

In private, your therapist will ask you about your current problem, prior injuries or surgeries to your pelvis/abdomen, and pregnancy and childbirth, if applicable.

## We're Not a Health Club, We're a Medical Facility



Every Olympic Sports & Spine location is a health care clinic, filled with patients of all ages and abilities, recovering from a broad variety of injuries or illnesses. Patients are cared for in private treatment rooms just as often as a shared exercise area.

If therapeutic activities performed in a shared area are part of your treatment, your privacy is preserved. All patients work one-on-one with the therapist and exercise for pelvic issues looks very much like regular exercise. You will fit right in.

## We've Done this Before



Our experience tells us that some patients are uncomfortable talking about issues such as incontinence or sexual dysfunction and/or receiving a pelvic examination. We understand. You get to choose the boundaries. The pelvic health therapists at Olympic Sports & Spine are experts. And that expertise includes managing pelvic health matters with sensitivity and discretion.

## It is Important that You Feel Comfortable



Just like any other muscle or structure in the body, it is important for your therapist to feel how well the muscles are working and test their strength. For the pelvic floor, this can mean performing a vaginal or rectal muscle exam.

There are often other ways to get started without performing an internal assessment. Feel free to talk it over with your therapist.