



## Finding a Pelvic Floor Rehab Provider

**Tina Allen:** How do you get to us? Ask your doctor. Most of your doctors, folks that are listening, they're going to be asking you how things are, but maybe they're not sure if there's a pelvic rehab provider in their neighborhood. Right? But if you bring it up, they're going to have that conversation and help you with that. A lot of people don't have to have a specific referral or prescription for PT, but in general it's good to have one so that your doctor and your rehab provider can communicate a little bit better. So you could ask that question of them.

These are two websites that most of us throughout the country, throughout the US that are doing pelvic rehab, we're going to be on one or both of these sites. So I wanted to include them to help you be able to find us. Both of the sites are geographic. So if you go to them and they're facing you as a client and you put in your city or your zip code and I'd say city is better than zip code. But if you put in your city, you're going to be able to find the rehab providers in your neighborhood that you could work with. We are so glad to get to work with you.



### How to Discuss Pelvic Rehab with Your Medical Provider

- Many physicians do not ask about pelvic dysfunction, and most patients are embarrassed to bring it up
- Be open and honest about your concerns
- You might ask if you can have a referral to visit a pelvic rehabilitation provider, as your medical provider be not be aware of the specialty



### How to Find a Pelvic Rehab Provider

Either of these websites will assist you with finding a pelvic rehab provider near you:

<https://pelvicrehab.com/>

<https://ptl.womenshealthapta.org/#s=1>

## Question and Answer

**Stephanie Chisolm:** A little background for me. I started my health education career as a childbirth educator. So I remember telling pregnant women that, "Yes, you could do your Kegel at every stoplight or while you're washing the dishes and some other things." It was very interesting what you had said about if that's the case, then you know you're not going to leak when you're at a stoplight and that's not how you live your life. I think that's really important. We've always talked about no one knowing that you're doing pelvic floor exercises. This has been a really comprehensive program. Obviously you gave us these wonderful resources for finding somebody who's trained to do this. Is this covered by insurance?

**Tina Allen:** It is. We are just another rehab provider. Well so, if you're seeing a physical therapist or an occupational therapist, it's covered as your PT or your rehab benefits. Because, we're treating the muscular component. So the short answer is, yes. And then I got a little long-winded about why.

**Stephanie Chisolm:** Well, this has been incredibly useful. Hold on. There is a question coming in. I just need to access it. Give me second? Here's a question about what can help with defecation voiding in terms of pelvic floor help for the bowels? Is it the same exercises?

**Tina Allen:** It's the same thing. So that last half about relaxing, not even last half, the last probably five slides on how to relax your pelvic floor is what needs to happen with defecation. So, we've been through a lot with different treatments we may have and then oftentimes we get constipated and so there's the getting your consistency of your stools, the right consistence will allow you to go, but if your pelvic floor muscles are tight and restricted, then you're not going to be able to have that bowel movement. So, that relaxing and opening and learning to press down gently with your abdomen is what's going to help with having defecation.

**Stephanie Chisolm:** Okay. And this is awesome. I don't see that there are any more questions and I really feel that you gave such a comprehensive program. You answered all the questions I had already written down, so I really want to thank you Tina. This has been phenomenal. Remember that you will also be getting that short survey. We really appreciate your filling in all the answers to that survey and remember that you can join BCAN on May the 2nd for our first ever virtual walk to end bladder cancer. Then I just would like to thank our sponsors again for sponsoring this patient insight webinars series throughout the year. **Astellas, Seattle Genetics partnership. Bristol-Myers Squibb, the EMD Serono partnership with Pfizer, FerGene, Genentech, Janssen Oncology, Merck and Photocure.** Thank you again, Tina. This has been wonderful. We really do appreciate it.