

HANDS-ON Physical Therapy

HandsOnPhysicalTherapy.com
801 Crescent Way, Ste 4, Arcata, CA 95521

Christine McKnight, PT, CHP

Phone (707) 630-5252
Fax (707) 822-2877

Pelvic Health Eval and Treat

- Stress Urinary Incontinence
- Urge Urinary Incontinence
- Mixed Urinary Incontinence
- Overactive Bladder / Urinary Frequency
- Pelvic Organ Prolapse
- Bowel Leakage
- Constipation
- Dyssynergic Defecation
- Pelvic and Perineal Pain
- Pelvic and Abdominal Pain
- Coccydynia
- Vaginismus
- Vulvodynia
- Vestibulodynia
- Dyspareunia
- Interstitial Cystitis / Painful Bladder
- Pudendal Neuralgia
- Endometriosis
- Diastasis Recti
- Pregnancy / Post Pregnancy Pain
- Other _____

Treatment Plan to Include

- Pelvic Anatomy and Function Education
- Pelvic Floor Muscle Up Training
- Pelvic Floor Muscle Down Training
- Surface Electromyography Biofeedback (sEMG)
- E-Stim: Intravaginal / Intrarectal
- TENS: Urinary Symptoms / Pain
- Bladder Training / Behavioral Interventions
- Constipation / Behavioral Interventions
- Rectal Balloon Training
- Flexibility Exercise Training
- Dynamic Stabilization Exercise
- Posture Education
- Neuromuscular Reeducation
- Myofascial Release / Manual Therapy
- Visceral Mobilization
- Abdominal Massage
- Scar Mobilization
- Pain Neuroscience Education
- Physiological Quieting Techniques
- Other _____



Please send patient demographics and insurance information for initial visit.

Patient's Name _____ DOB _____

Patient's Address _____ Phone _____

Frequency and Duration _____ Diagnosis _____

Doctor's Name (print or stamp) _____ ICD10 code _____

Doctor's Signature _____ Date _____

Primary Insurance _____ Member ID # _____

Secondary Insurance _____ Member ID # _____