

MM/DD/YYYY	Print/Type: Patient Name
PT Evaluation & Treatment <input type="checkbox"/>	Print/Type: Patient Cell Phone #
OT Evaluation & Treatment <input type="checkbox"/>	Print/Type: Diagnosis/Reason For Referral
	Print/Type: Ref Practice Contact's Name
(XXX) XXX-XXXX	Print/Type: Ref Practice Contact's Email
	MD Signature
	Print/Type: MD First + Last Name + Title

B	A	W
Brevard	Asheville	Woodfin
59 Oakdale St (828) 966-9036	260 Merrimon Ave, Suite 100 (828) 785-4700	61 N Merrimon Ave, Suite 107 (828) 484-8398
Ref Fax Line: (828) 966-4538	Ref Fax Line: (828) 552-5566	Ref Fax Line: (828) 484-8399

My signature certifies that treatments are medically necessary

Pelvic Floor Rehabilitation (PFR)

Perfect Balance Physical Therapy's (PBPT) pelvic floor rehabilitation program addresses the strength, coordination, and any associated pain or deficits of pelvic floor muscles. Poor health or malfunctioning of these muscles is associated with urinary incontinence, bowel dysfunction, and common sexual health issues. Our pelvic specialists are trained to assess pelvic floor health through external, intravaginal, or intrarectal muscle examinations of their patients in a private and comfortable setting.

PFR Applications Include:

- | | |
|---|---|
| <input type="checkbox"/> → Musculoskeletal Evaluation | <input type="checkbox"/> → Pelvic Floor Muscle Strength Training |
| <input type="checkbox"/> → Pelvic Floor Education | <input type="checkbox"/> → Posture Instruction |
| <input type="checkbox"/> → Lifting/Exertion Training | <input type="checkbox"/> → Core Exercises for Pelvic Girdle Support |

Pelvic and Abdominal Pain Relief

Our therapists address specific pelvic and genital pain issues to provide relief relating to specific disorders or as a result of post-surgery complications:

- | | |
|---|--|
| <input type="checkbox"/> → Dyspareunia | <input type="checkbox"/> → Coccydynia |
| <input type="checkbox"/> → Vaginismus | <input type="checkbox"/> → Interstitial Cystitis |
| <input type="checkbox"/> → Levator Ani Syndrome | <input type="checkbox"/> → Chronic Regional Pain Syndrome (CRPS) |
| <input type="checkbox"/> → Bowel + Bladder Congestion | <input type="checkbox"/> → Pudendal Neuralgia |

Bladder and Bowel Disorders

PBPT therapists provide evaluation, treatment, and education for patients with bowel and bladder dysfunctions. Treatments address muscle damage, nerve damage, scarring, or general mechanical dysfunctions while addressing poor mechanics or posture relating to them. Through the use of targeted strengthening/relaxation training, behavioral interventions, or biofeedback, we can improve symptoms and restore the patient's overall quality of life.

- | | |
|--|--|
| <input type="checkbox"/> → Urinary Incontinence | <input type="checkbox"/> → Urinary Urgency/Frequency |
| <input type="checkbox"/> → Fecal Incontinence | <input type="checkbox"/> → Fecal Urgency/Frequency |
| <input type="checkbox"/> → Mixed Incontinence | <input type="checkbox"/> → Incomplete Emptying |
| <input type="checkbox"/> → Overflow Incontinence | <input type="checkbox"/> → Chronic Constipation |

Prenatal and Postpartum Care

Physical Therapy has been shown to relieve pain associated with pregnancy while enhancing the body's ability to prepare for pregnancy and delivery. Shifts in the body's center of gravity combined with an increase of weight can result in altered posture, shortened muscles, or changes in spinal mobility in many women. These physical changes combined with fluctuating hormone levels can create pain and discomfort that can be alleviated through structured therapy sessions.

PBPT has advanced training in the treatment of musculoskeletal conditions experienced during and after pregnancy that lead to pain or dysfunction:

- | | |
|---|--|
| <input type="checkbox"/> → Pelvic Girdle Pain | <input type="checkbox"/> → Core Weakness |
| <input type="checkbox"/> → Lumbar/Low Back Pain | <input type="checkbox"/> → Muscle Spasms |
| <input type="checkbox"/> → Cervical/Upper Back Pain | <input type="checkbox"/> → Pelvic Organ Prolapse |



Pelvic Health



Program Applications:

- Biofeedback Therapy
- Performance Deficit Assessment
- Range of Motion Assessment
- Behavioral Education
- Self Management Skill Building

Program Location(s): **B** **A**

Brian Ellis, Physician Liaison
brian@perfectbalancept.com
 Office: (828) 785-4700

Sexual Health

The birthing process can cause changes in a woman's body that makes intercourse uncomfortable or too painful to tolerate. Our therapists address these restrictions or pain allowing for a return to normal intercourse.

- | |
|---|
| <input type="checkbox"/> → Dyspareunia |
| <input type="checkbox"/> → Perineum Tearing |
| <input type="checkbox"/> → Episiotomy Scar Pain |
| <input type="checkbox"/> → Cesarean Scar Pain |