



**PELVICORE
REHAB**

A Total Body Approach To Healing.

8 Steps

to Achieve Your
Pelvic Healing
And Reclaim
Your Life

**EVEN IF YOU FEEL LIKE
YOU'VE TRIED IT ALL**



561-295-1631



Pelvicore Rehab Plus

www.pelvicorerehab.com





Do you feel frustrated with your pelvic healthcare experience????

Do you feel like you leave healthcare appointments without answers or a clear plan of action for healing???

Navigating pelvic health and healing can often feel like a convoluted journey without a clear direction. Many times, clients are bounced around from one specialist to another leaving them with various opinions, unclear diagnosis and without a cohesive plan of action.

To say that this can be frustrating and overwhelming would be an understatement! This often leads to stress and anxiety which can further exacerbate the very condition you are trying to heal!



Pelvic Floor conditions require an Integrative, collaborative and total body approach for healing. Every plan of care should be multi-modal with multi-disciplinary communication for lasting results.

Every client has their own unique presentation and, therefore, requires a unique and highly individualized plan of care. At Pelvicore Rehab LLC we are so fortunate to help clients with a broad and diverse spectrum of pelvic floor dysfunction.

We believe that every client deserves the highest level of holistic and integrative care, taking the WHOLE person into consideration.

It is our mission to spread awareness, education and information to help you achieve it.

A few months ago, "Eric" arrived at our office for his initial visit. He appeared anxious, confused and dejected. His first comment was,

"This is my last stop, I have been in pain for so long, I have been to so many practitioners and I have had every test done in the book. I am at my wits end and I don't know what to do or where to go anymore. I went from being an athlete to becoming an inactive perpetual patient."

Unfortunately, we hear this story all too often. Clients are frustrated with the healthcare system.

Many clients report that they have seen 7-10 health care providers before arriving at Pelvicore Rehab LLC.

They feel as though their providers do not communicate or collaborate with one another leaving the clients with disjointed, fragmented and even conflicting information. Diagnostic tests are often done without a clear plan or recommendation as to what to do with the results or how to implement the next step in the healing process.

"Eric" did GREAT with us! He left his first visit feeling empowered, calmer, in control and feeling heard.

We spent time listening to his whole "story". There was a real plan in place for his healing by the end of the visit. He felt validated about his symptoms and confident that healing was possible.

Eric had full resolutions of symptoms with lasting relief. He was able to return to his sports and athletic life. We love getting periodic updates about his latest adventures.



At Pelvicore Rehab LLC we help clients link the pieces of this disjointed puzzle together and help them create a holistic plan of care to facilitate their healing journey and the possibility of achieving their therapeutic goals.

You deserve the BEST care, more information and better education!

Learn how to most efficiently navigate your pelvic health healing journey?

What will you gain from this Free Guide:

- **What to look for when choosing a provider**
- **How to make educated and intentional decisions in your healing journey**
- **Feeling empowered and in charge of your care**
- **How to be you own best advocate to get optimal outcomes**
- **How to get the most efficient care to get long lasting results**



8 Steps to Achieve Pelvic Healing and Reclaim Your Life

A Patient's Guide:

Tip #1:



Find a provider that you trust, feel comfortable with and is qualified to meet your pelvic health healing needs.

What should you look for?

Someone who takes the time to listen to your story, makes you feel “heard” and helps you develop an integrative plan of action on the initial visit.

One of the most common frustrations that clients articulate about prior health care visits is that their practitioners were in a rush, seemed stressed, and that they left uncertain that the provider “heard” their story. This leaves clients feeling more anxious and frustrated.

A practitioner who understands pelvic health conditions, don't assume they do!

Some clients assume that health care providers understand pelvic floor dysfunction because of the specialty they are in. Be sure to ask if they treat and or assess pelvic floor dysfunction.

Tip #1: Continued



Find a provider that you trust, feel comfortable with and is qualified to meet your pelvic health healing needs.

What should you look for?

Make sure that their healthcare philosophy is in line with yours; What is their approach to treating pelvic conditions? Whether you have a bowel, bladder, sexual or gut condition... Be sure you choose a provider who understands that almost all pelvic health conditions are multifactorial and therefore requires a multi-modal and multi-disciplinary approach to healing.

What is their communication policy after the visit if you have follow-up questions?

Make sure that they are willing to collaborate and communicate with other providers involved in your care.

Look for a practitioner who collaborates with a pelvic floor Physical therapist.

Tip #2:



Choose a Provider who takes the whole person into consideration and does not only treat a diagnosis.

This may sound intuitive but it must be clear.

Our healthcare system is focused on specialties.

Many physicians prescribe medications and tests based on their specialty. The pelvic health journey requires an integrative approach to healing.

Pelvic floor physical therapy should be the first line of conservative treatment for pelvic floor dysfunction and should be included in your plan of care.

Choosing a provider who understands this, practices with an integrative and collaborative philosophy and values complimentary care is imperative to long term healing.

Tip #3:



Be organized- Create a Personal Health Record

This can be a google doc, an online record or simply a folder of important documents. This streamlines the process of filling out intake forms with consistency and accuracy. It will keep you organized, having all of your medical information in one place so you can easily share it with providers.

What should be included in this document?

- Contact information for any healthcare provider involved in your care
- A list of important dates such as onset of condition, procedures and/or surgeries.
- A list of medications and dosages including supplements.
- Any important Information from recent healthcare visits related to your condition
- Any diagnostic testing and their test results

Tip #4:



Communicate effectively with your providers

Be Prepared for visits and be ready to ask the right questions.

Arrive at your first appointment with a written list of questions, don't rely on memory. First appointments can be overwhelming so important questions can easily be forgotten.

Effective communication is essential from the onset of your journey. When making an appointment, be clear on the reason for your visit and your goals you wish to accomplish during the visit.

Make sure the provider leaves enough time during each visit to answer your questions and address any concerns.

Do not leave the visit without understanding the plan of care and what the next step is in your healing process.

Tip #4: Continued



Communicate effectively with your providers

If they are prescribing diagnostic testing, **be sure you understand why they are recommending it**, how it will be applied to the plan of care and how you will be able access the results.

Ask what the office policy is to discuss and explain test results and how that will be incorporated into the plan of care.

This is so important, I have so many clients who arrive at my office, having been to numerous practitioners and report that they “have had every test done in the book. “Once the testing was done, they were not advised on how to proceed with their care. This is especially true when clients have had many tests that all come back with normal results. The missing link for clients is,

“what do I do now??”

Diagnostic testing is useful if it is followed up with a plan of care whether tests results reveal dysfunction or return completely normal!!!

Tip #5:



Consider bringing a family member or friend to your first appointment

Having another set of ears on a first visit can be helpful especially if you're feeling a bit anxious and overwhelmed about the visit.

They could take notes for you, ensure that you ask all of your relevant questions. This will allow you to focus on listening without the worry of forgetting what was said.

Tip #6:



Beware of Dr. Google

Going online is often the first-place people go to for healthcare information. This can be great because there is so much valuable information that is easily and instantaneously accessible and free!

However, there are some things to be aware of when looking for e-facts...

- There is a huge amount of inaccurate and false information out there which can be very misleading and confusing.
- Some support groups are well intending may be filled with catastrophizing experiences, this can be scary. This may not give you constructive or accurate information, lead to fear and will not serve you in your healing journey.
- Be sure you are getting information from reputable websites.
- Be cautious about claims that “are too good to be true.”
- Be careful about sites that try to sell you a product that claims to “cure” a condition without scientific evidence to back it up.
- Make sure you know how current the information is that you are looking at. Science, research and therapeutic interventions are always changing and evolving.

Tip #7:



**Never let anyone tell you
the following:**

“All tests are normal, it’s all in your head”
*(You would be shocked as to how many of my clients
have been told this).*

“You need to learn to live with this”
*(Our bodies are designed to heal and you must
believe that it has the ability to do so)*

“You need to stop exercising”
*This should be a red flag; you may need guidance for
proper exercises, movement and different ways to
move but always remember that **“motion is lotion”**
and **“movement is medicine.”***

“All you need is this medication” ...
*Anyone with pelvic health and wellness disorder
should be educated on the importance of pelvic floor
physical therapy and complementary care for long
lasting healing.*

Tip #8:



Educate yourself and be your own best advocate!

Navigating a pelvic healing journey can feel like a convoluted maze that you cannot see the end of. This means that finding the right practitioners is not always a linear process.

I always tell my clients the following analogy, "If you were on a road trip and you made a wrong turn, you would not continue on that convoluted indirect lost path. You would turn around and get on the right route."

This can be the case with healing, if you have a visit with a provider that does not fulfill your needs, find another one that will help get you on the 'route "to healing.

Be your own best advocate because YOU will have the biggest impact on your healing and overall health.



SCAN ME

At Pelvicore Rehab LLC our mission is to help you heal using a total body, integrative and holistic approach which is imperative for optimal results and long-lasting health!

We are committed to empowering our clients with education and resources to facilitate your healing.

**Pelvicore Rehab LLC
is Proud to offer
In-Person and Remote
Consultations**

www.pelvicorerehab.com

Don't wait to get started on the healing journey you've been searching for:

**Call Now to Get Started with the care you Deserve!
561-295-1631**

Click Here to Join our exclusive Facebook Group, **Pelvic Health Plus (Total Body Wellness)**. This group is a positive and healing space that provides accurate and current information on all things Pelvic Health and Wellness.

Click Here Now to Subscribe To our YouTube Channel, **Pelvicore Rehab Plus** So you don't miss out on any of our pelvic health videos to compliment your healing journey.

