



Education - Pelvic Physio

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Select which treatment was provided and add additional information as needed:

- ☐ Pelvic floor anatomy/function:
- ☐ Core (PFM, TA, diaphragm, multifidus) anatomy/function:
- ☐ Diastasis Rectus Abdominus (DRA)
- ☐ Pain Neuroscience Education (PNE):
- ☐ Posture:
- ☐ Breathing:
- ☐ Downregulation:
- ☐ Mindfulness:
- ☐ Positions to modify/avoid currently:
- ☐ Water intake:
- ☐ Bladder diary:
- ☐ SIJ/PGP:
- ☐ Labour/Birth positions and preparation:
- ☐ Postpartum external support garments (abdominal/pelvic floor):

Please provide more details for any of the above you've checked off.

Other: