



# Treatment - Pelvic Physio

## Treatment

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

- ☐ Positioning:
- ☐ Breath work:
- ☐ Posture/alignment:
- ☐ PFM lengthening:
- ☐ PFM Visualization and positioning to connect:
- ☐ Non nociceptive input (NNI):
- ☐ PFM strengthening:
- ☐ Repeated movement:
- ☐ Manual therapy:
- ☐ External soft tissue massage:
- ☐ Internal soft tissue massage:
- ☐ Scar massage:
- ☐ Mobilization:
- ☐ Muscle stretches:
- ☐ Nerve flossing:
- ☐ Yoga stretches:
- ☐ Mindfulness:
- ☐ Body Scan:
- ☐ Core 4 strengthening:
- ☐ Muscle strengthening:
- ☐ Symmetry exercise routine:
- ☐ Perineal massage:

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



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Other: