



**Locations Offering Pelvic Health:**

- BELLEVUE** - Bellevue Physical Therapy  
P: 425.454.1405 | F: 425.635.9340
- KIRKLAND** - Totem Lake Physical Therapy  
P: 425.823.8631 | F: 425.814.4731
- LACEY** - Puget Sound Physical Therapy  
P: 360.455.0100 | F: 360.455.0101
- LYNNWOOD** - OrthoSport Physical Therapy  
P: 425.670.9991 | F: 425.670.9995
- MARYSVILLE** - Reaction Physical Therapy  
P: 360.658.8400 | F: 360.658.2606
- PUYALLUP** - Sunrise Physical Therapy  
P: 253.256.4807 | F: 253.256.4809

\_\_\_\_\_  
PATIENT NAME

\_\_\_\_\_  
PATIENT PHONE

\_\_\_\_\_  
DATE OF BIRTH

**DIAGNOSIS**

**OBGYN/MUSCULOSKELETAL**

- Coccydynia
- Diastasis recti
- Groin/Pubic pain
- Ligament laxity
- Low back pain
- Sciatica
- Sacral pain
- Other \_\_\_\_\_

**PELVIC FLOOR PAIN/TENSION**

- Abdominal pain
- Constipation
- Dyspareunia
- Endometriosis
- Interstitial cystitis
- Levator ani syndrome
- Menstrual pain/disorders
- Piriformis syndrome
- Pudendal neuralgia
- Sexual dysfunction
- Testicular pain
- Urinary frequency
- Urinary retention
- Urinary urgency
- Vulvar pain
- Vaginismus
- Other \_\_\_\_\_

**PELVIC FLOOR WEAKNESS**

- Cystocele
- Enterocele
- Rectocele
- Urethrocele
- Uterine prolapse
- Other \_\_\_\_\_

**INCONTINENCE**

- Fecal incontinence
- Mixed incontinence
- Stress incontinence
- Urge incontinence

**POST-SURGICAL CONDITIONS**

- Bladder repair
- Cesarean section
- Episiotomy
- Hernia repair
- Hysterectomy
- Laparoscopy
- Mastectomy
- Post-radiation
- Post-prostatectomy
- Other \_\_\_\_\_

**TREATMENT**

Evaluate and treat as indicated \_\_\_\_\_ times/week for \_\_\_\_\_ weeks

Other \_\_\_\_\_

Contraindications \_\_\_\_\_

Physician Signature X \_\_\_\_\_ Date \_\_\_\_\_

Physician Name (printed) \_\_\_\_\_ Phone \_\_\_\_\_

## LOCATIONS OFFERING PELVIC HEALTH

### BELLEVUE

Bellevue Physical Therapy  
11711 NE 12th Street, Suite 3-A  
*(Behind Bellevue Medical Imaging)*  
P: 425.454.1405 | F: 425.635.9340

### KIRKLAND

Totem Lake Physical Therapy  
12910 Totem Lake Boulevard NE, Suite 105  
*(Look for SmarTek21 sign above entrance)*  
P: 425.823.8631 | F: 425.814.4731

### LACEY

Puget Sound Physical Therapy  
3201 Willamette Dr. NE, Suite C  
P: 360.455.0100 | F: 360.455.0101

### LYNNWOOD

OrthoSport Physical Therapy  
19217 36th Avenue W., Suite 102  
P: 425.670.9991 | F: 425.670.9995

### MARYSVILLE (SMOKEY POINT)

Reaction Physical Therapy  
2704 171st Place NE, Suite 103  
*(Across from Starbucks, next to The Wine Shop)*  
P: 360.658.8400 | F: 360.658.2606

### PUYALLUP

Sunrise Physical Therapy  
17528 Meridian East, Suite 205  
*(To the left of Fred Meyer entrance, off 176th St. E)*  
P: 253.256.4807 | F: 253.256.4809