



StayFIT Physical Therapy LLC

ATTN: Kathleen Ogino PT, DPT

Patient: _____ DOB: _____ Ph#: _____

Insurance: _____

Diagnosis/ICD-10: _____

Treatment:

- Urinary Incontinence (Stress, Urge, Mixed)
- Fecal Incontinence
- Constipation/Outlet Dysfunction
- Pelvic Floor Muscle Weakness
- Pelvic Muscle Dyssynergia
- Pelvic Muscle Spasms
- Pelvic Prolapse
- Pelvic Pain:
 - Perineal
 - Vaginal/Rectal
 - Vaginismus
 - Interstitial cystitis
 - SI/Pubic Symphysis Dysfunction
 - Coccydynia
 - Scar Tissue Adhesions (Abdominal, Pelvic, Perineum)
 - Prostate Cancer / Date of Surgery: _____
 - Other: _____

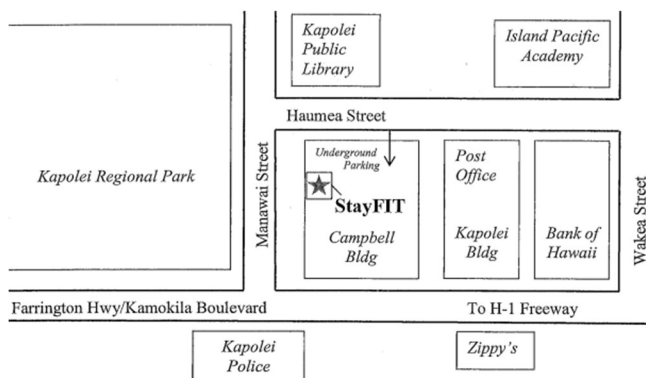
- Evaluate and Treat
- Neuromuscular Re-education
- Manometry
- Therapeutic Exercise
- Therapeutic Activities
- Electric Stimulation
- Bladder/Bowel Training
- Urge Control Techniques
- Patient Education
- Soft Tissue Mobilization
- Organ Specific Fascial Mobilization
- Ultrasound
- Other: _____

Precautions OR Pertinent Medical History: _____

Goals:

- Decrease Urinary/Fecal Leakage
- Decrease Frequency of Urination/BM
- Identification/Isolation of Pelvic Floor Muscles
- Increase Pelvic Floor Strength
- Normal Muscle Tone
- Proper Muscle Coordination for Urination/BM
- Diminish Tissue/Fascial Restrictions
- Decrease Pain
- Able to Self-Manage Symptoms/Independent With Home Exercises

Physical Therapy _____ per week/month for _____ weeks/months.



Physician's Signature _____ Date _____

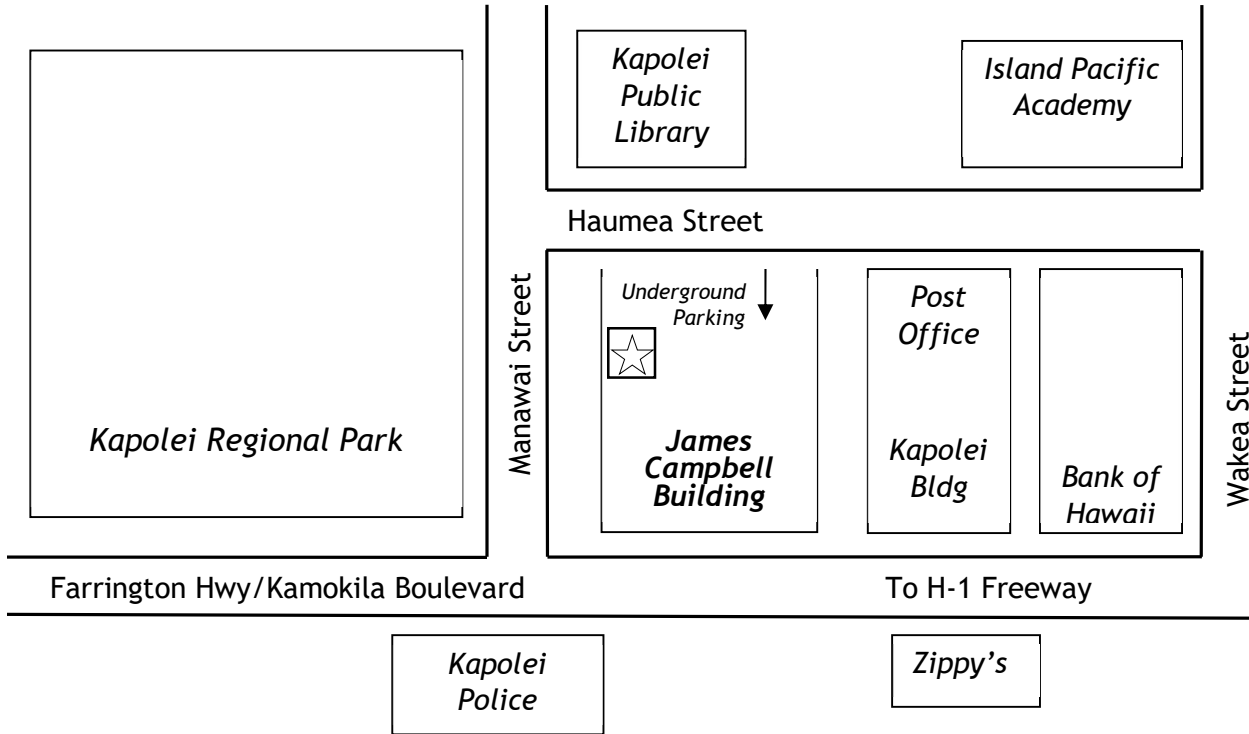
Referring M.D. _____ Phone _____

Fax _____

StayFIT Kapolei at the James Campbell Bldg

1001 Kamokila Blvd, #114, Kapolei, HI 96707

Ph: 808-674-0500

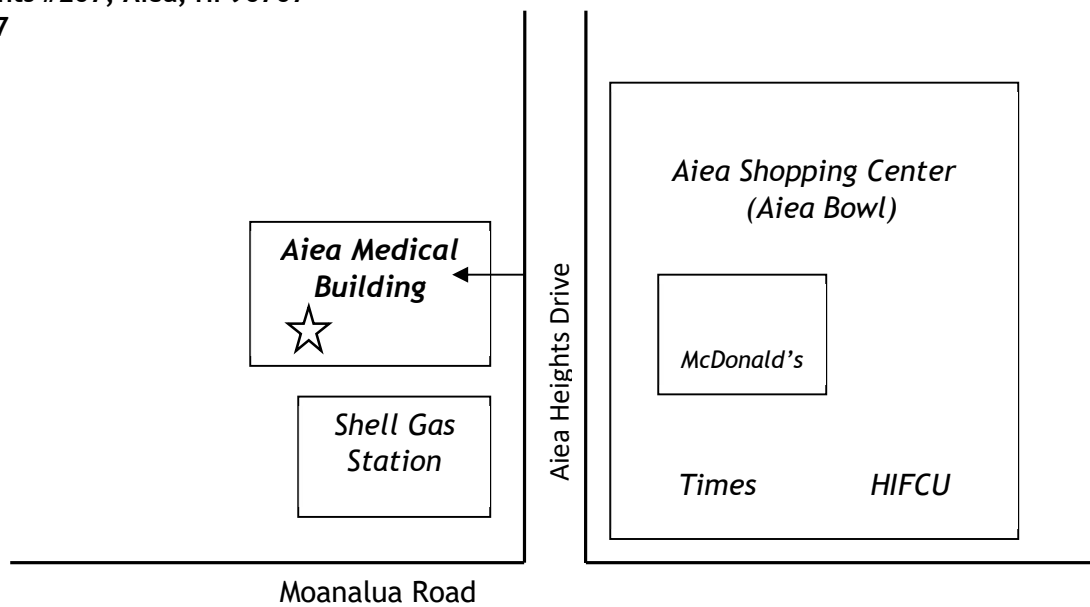


**Kapolei Parking - Free parking is available along Manawai St. and in the Campbell Square underground parking garage with the entrance on Haumea St.*

StayFIT Aiea at the Aiea Medical Bldg

99-128 Aiea Heights #207, Aiea, HI 96707

Ph: 808-487-0487



**Aiea Parking - Parking is available at Aiea Medical building for \$1 every half hour*