



CHARL DE KOCK

PHYSIOTHERAPIST

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PELVIC FLOOR REHABILITATION

The program that you have been referred to is a specific program designed to diagnose and treat a wide range of pelvic floor problems. Whether you suffer from stress incontinence, constipation or pain in the pelvic (floor) region, it is important to be able to relate the symptoms to a pelvic floor dysfunction with the aid of diagnostics. Your first visit will take approximately one hour. At your first visit, we will review your health history, your goals of treatment, the 2-day voiding diary if indicated, and other applicable feedback forms that you were given.

Frequency: One treatment per week for 4-8 weeks.

Expectation/Results: Should be able to note an improvement after 4 weeks.

Cost:

- R1600 for first session lasting 60min (includes rectal/vaginal probe and all other materials used)
- Follow-up sessions R875 (includes all materials)
- Re-evaluation of condition R1275 (*only when indicated, or when 3 months has passed with no intervention)

Kind Regards

Charl de Kock
Physiotherapist