



OCEANSIDE PHYSICAL THERAPY

STRATHAM · DOVER NH

Specializing in Pelvic Health, Obstetrics & Orthopedic

For Stratham and Dover Call: 603-580-4494

Fax All Referrals to: 603-580-4494

Patient Name _____ Date: _____

DOB: _____ Phone Number: _____

Bladder/Urinary:

- Stress UI
- Urge UI
- Hesitancy
- Frequency
- Nocturia
- Interstitial Cystitis
- OAB
- PVR

Bowel

- Constipation
- Incomplete Defecation
- Fecal Incontinence

Pelvic Pain

- Dyspareunia
- Vaginismus
- Vulvodynia
- Vestibulodynia
- Vulvar Vestibulitis
- Neuralgia
- Muscle Spasm
- Rectal/Anal Pain
- Coccygodynia

Prolapse

- Cystocele
- Rectocele
- Urethrocele
- Surgical Prep
- Pessary prep
- Lifting Restrictions:

Post-Surgical Rehab

- Cystocele Repair
- Rectocele Repair
- Hysterectomy: Total
- Hysterectomy: Partial
- Rectal Surgery
- Vaginoplasty
- Restrictions:

Obstetrical Standard of Care:

- Pregnancy Prep
- Trimester 1
- Trimester 2
- Trimester 3
- Post-Partum Assessment
- Return to Exercise/Activity Assessment
- Scar mobility

Obstetrical Trauma

- Cesarean
- Vaginal
- Miscarriage

Post-Partum Complications:

- Pain
- Diastasis Recti
- Urinary
- Bowel
- Weakness
- Prolapse

Cyclical Considerations

- Menorrhagia
- Dysmenorrhea
- Amenorrhea
- Abnormal Cycles
- Perimenopause
- Post-Menopause

Sexual Function:

Orthopedic:

- Cervical
- Thoracic
- Lumbar
- Sacroiliac
- Hip
- Pelvic Post THA
- Pelvic Post TKR
- Knee
- Foot/Ankle
- Shoulder/UE

Other Services:

- Strength Studio/Personal Training
- Massage
- Dry Needling
- Visceral
- Estim/Biofeedback
- Balloon Catheter training
- Infrared Sauna

Additional Diagnoses/Relevant Medical History/Recommendations/Considerations: _____

Physician Printed Name: _____

Physician Signature: _____