

9 Questions to Ask Your Physical Therapist

Choosing to participate in physical therapy, or specialized (pelvic, obstetric, lymphedema) physical therapy, can seem like a daunting experience. Discussing personal and sensitive topics such as pelvic pain, along with bladder, bowel, and/or sexual concerns, can be difficult.

Establishing open lines of communication with your physical therapist is essential for successful treatment. Knowing the right questions to ask can help you gain trust and determine if a particular therapist is a good fit for you. Consider asking the following questions to help make an informed decision when deciding on a healthcare provider.



- 1 How long have you been a Physical Therapist (PT)?
- 2 Do you have advanced training in evaluating and treating my condition?
- 3 How long have you been treating this condition?
- 4 What can I expect at the initial evaluation and following appointments?
- 5 Can you explain what my treatment would involve?
- 6 If I am uncomfortable with certain techniques, are other options available?
- 7 Do you have any resources or materials that will help me understand my condition and my treatment?
- 8 What can I do at home to help treat my condition and speed healing?
- 9 How much recovery can I expect in physical therapy?