



core
CONNECTIONS
physiotherapy

Pessary Referral Form

Thank you for referring your client to Core Connections Physiotherapy for a pessary fitting.

Please complete the form below to initiate the pessary fitting process and return the completed form by fax to (613) 907-1352.

If you have any questions, please contact us at (613) 291-2956.

Referring Physiotherapist

Name:

Clinic Name:

Clinic Phone #:

Email:

Client

Name:

Phone #:

Email:

Birth Date:

Client's Physician

Name:

Phone #:

Fax:

Description of client's key complaints and functional limitations

Clinical Impression

Please use this scale to describe the type of prolapse and the extent of tissue descent:

- 0 - No prolapse is demonstrated
- 1 - The most distal portion of the prolapse is more than 1 cm above the level of the hymen
- 2 - The most distal portion of the prolapse is 1 cm above or below the hymenal plane
- 3 - The most distal portion of the prolapse protrudes more than 1 cm below the hymen
- 4 - Vaginal eversion is essentially complete

Anterior wall	0	<input type="checkbox"/>	1	<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	4	<input type="checkbox"/>
Posterior wall prolapse	0	<input type="checkbox"/>	1	<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	4	<input type="checkbox"/>
Uterine prolapse	0	<input type="checkbox"/>	1	<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	4	<input type="checkbox"/>
Vault prolapse	0	<input type="checkbox"/>	1	<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	4	<input type="checkbox"/>

Response to pelvic floor physiotherapy to date

Rationale for a Pessary (please check all that apply)

- Decrease prolapse symptoms
- Delay or avoid pelvic prolapse surgery
- Prevent progression of prolapse
- Improve ability to exercise
- Improve comfort
- Improve bladder
- Improve bowel emptying
- Facilitate pelvic floor muscle strengthening
- Other _____

Is the client currently using local vaginal Estrogen?

Yes Start date: _____

No

Please check any of the following factors below that could delay a pessary fitting

- Vaginal dryness
- Perineal or episiotomy scar tissue
- Significant pelvic floor muscle hypertonus and/or connective tissue restrictions
- Discomfort with vaginal palpation
- Decreased Dexterity
- Other _____

Relevant medical history

Additional comments

Thank you very much for the referral.