
Guidelines for Perineal and Pelvic Re-education

The college recognizes that the treatment of urogenital and rectal dysfunction, including but not limited to, urinary and fecal incontinence, is within the scope of practice of physiotherapists. The purpose of such treatment is to obtain maximal functional performance of the individual and reduce or eliminate pain.

The college recognizes that all licensed physiotherapists are qualified to practice non-invasive pelvic floor muscle retraining for the treatment of pelvic or perineal dysfunction.

The college also recognizes that physiotherapists who have taken the required post-graduate training will be qualified to perform more invasive techniques which may involve the passing of digits or instruments beyond the labia majora and/or the anal verge, in order to treat pelvic dysfunction.

Physiotherapists wishing to practice any of the above mentioned invasive techniques will be required to successfully complete, in addition to their undergraduate training, a post-graduate course recognized by the College. This course must include a practical component, an evaluation of the physiotherapist's knowledge and skill, and certification indicating successful completion of the course. Proof of successful completion of the course will have to be submitted to the College for verification, prior to commencing any assessment or treatment of clientele.

Individuals who have completed the above mentioned course will need to demonstrate to the College the following:

- A detailed knowledge of the anatomy and physiology of the pelvic region;
- An awareness of conditions that are amenable to this treatment;
- A working knowledge of the theory and practice of manual muscle testing, exercise physiology, and massage techniques specific to the pelvic floor region;
- A theoretical and practical knowledge of posture and how it contributes to pelvic-perineal problems
- A knowledge of infection control techniques.

Risk Management

In all cases of cleaning and disinfecting the manufacturers recommendations must be checked and adhered to.

The observance of universal precautions and clean technique by the physiotherapist will minimize the risk of infection.

Each facility must have a policy in place outlining the use and discard procedures for their chemical sterilization solutions if chemical sterilization are used.

The physiotherapist will treat only the patient population for which the therapist has had training. In addition, the physiotherapist will adhere to all standards outlined in the Standards of Practice document regarding ethical practice, obtaining consent to treat, and proper assessment and treatment standards.

All assessment/treatment equipment must be medically approved by the Canadian Standards Association and maintained on an ongoing basis.