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## Position Statement on Internal Pelvic Floor Assessment and Treatment: Section on Women's Health, APTA

The Women's Health Section of the APTA supports assessment and treatment techniques by licensed physical therapists with advanced clinical training in the treatment of individuals with pelvic floor dysfunctions.

The following guidelines are further offered:

Internal vaginal and rectal assessment and treatment of pelvic floor dysfunction is within the scope of practice of the licensed physical therapist.

The Section on Women's Health, APTA has adopted the following position statements:

1. Any internal pelvic (vaginal or rectal) myofascial release or soft tissue mobilization techniques that would require a continuous ongoing re-evaluation and reassessment should be performed by the physical therapist and not delegated to supportive personnel including physical therapist assistants.  
The SOWH recognizes that therapeutic exercise, neuromuscular re-education and behavioral retraining techniques for pelvic floor dysfunction at times requires ongoing critical decision making while at other times are relatively routine. In the routine circumstances, those techniques may be delegated. When the higher level of critical decision making is necessary those techniques should be performed by the physical therapist and not delegated to support personnel including the physical therapist assistant.

2. The SOWH is opposed to the teaching of internal pelvic assessment and treatment to all supportive personnel including physical therapist assistants.

Approved by the Section on Women's Health Board of Directors on February 6, 2014.

*Celebrating Women's Health!*