

Lesley Arbour, MS, RNC

Patient Name: _____

Date: _____

Compression

Decompression

Gravity Assist

Tx Wedges

Subjective:

Myofascial Release	Occ. Tract	Piriformis	Psoas	Pelvic Floor	LS
Deep Release	Anterior	Posterior	Left Lateral	Right Lateral	Rotation
Cervical	C	C	C	C	C
Thoracic	T	T	T	T	T
Lumbar	L	L	L	L	L
Leg Pull	Ext. rotat	Inner rotat	Thigh	Bilateral Anterior	Bilateral Posterior
Myofascial Osseous Release	A/P Thigh	Anterior Rotated Ili	Posterior Rotated Ili	Lumbosacral Compression/Decompression	Scour Hip Joint & Distraction

Objective:

Pelvic Floor Grading:

0-nil 1-flicker 2-weak 3-moderate 4-good 5-strong

Hold Time:

Myofascial Restrictions:

Assessment:

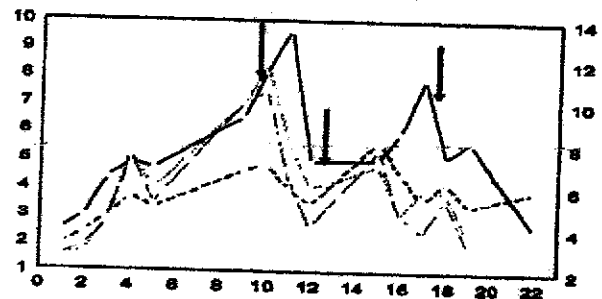
HEP:



Uterus



Prolapsed uterus



Lesley Arbour's Pelvicology program uses the Myofascial Release technique to unlock the internal fascia of the pelvic floor. Patients experience lasting changes including functional improvement of the pelvic floor muscles, improved core stabilization, pelvic organ support and relief of bowel, bladder and sexual dysfunction.

Therapist: _____

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