

Pelvic Floor Physical Therapy

My Hospital Story



Boston Children's Hospital

August 2025

I'm getting ready for my pelvic floor physical therapy appointment at Boston Children's Hospital.

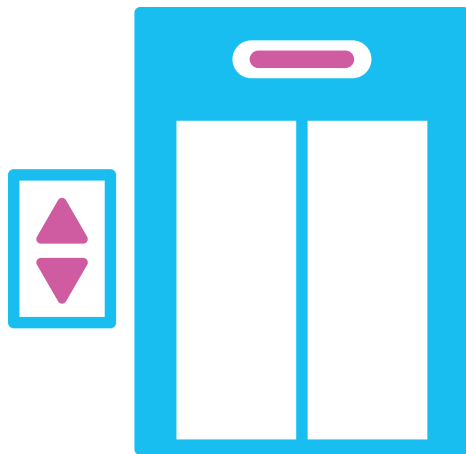




First, we'll
walk into
the hospital.



Then we'll take
the Fegan
elevator to the
7th floor.





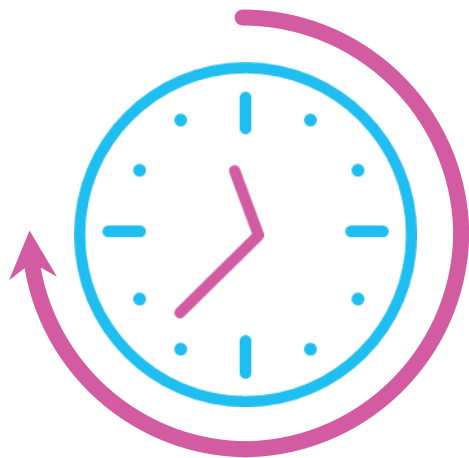
Next, we'll talk with
someone at the
front desk.

I'll get a bracelet
with my name on it.



We'll wait for my
name to be called.

I can sit or play
quietly while I wait.





When it's my
turn, someone
will call my name.

We'll walk to a
new room.



I'll meet my
physical therapist.

They'll ask my
caregiver and me
some questions.

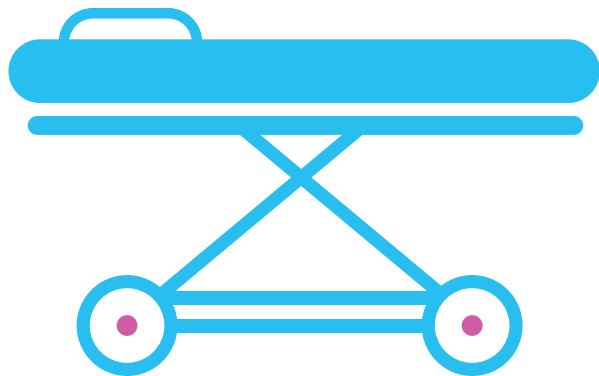




Next, I'll
change into a
hospital gown.



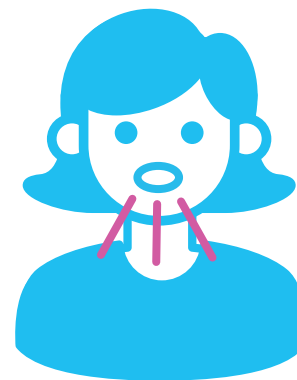
I'll lie down on
the exam bed.
The physical
therapist will put
a sheet over my
waist and legs.





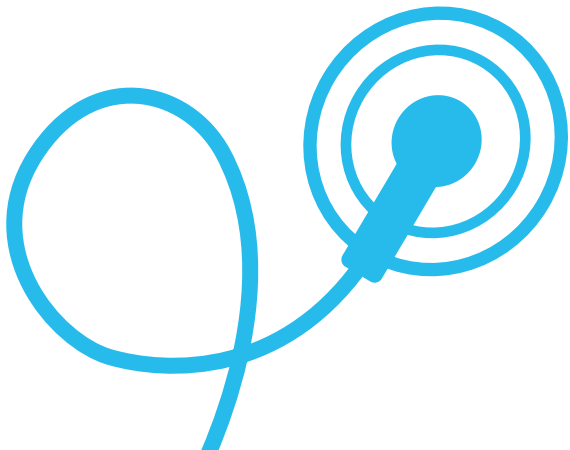
The physical therapist might need to look at my bottom. They might ask me to squeeze my muscles and cough to learn how my body is working.

My caregiver will be with me the whole time.



Next, the physical therapist will put 4 stickers on my belly and 2 on my bottom.

The stickers may feel cold.





I'll stand up and play a game on the screen. The physical therapist will watch how I move to learn more about my body.

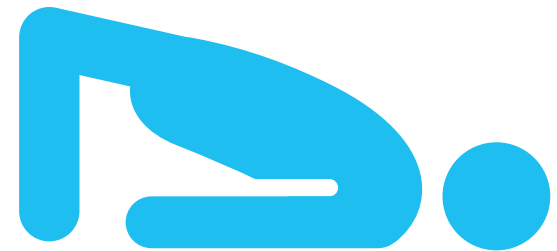


The physical therapist will talk with my caregiver and me about ways to keep my body healthy.



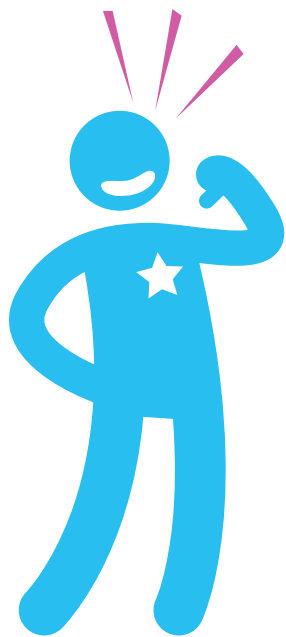


They might teach
me exercises that
I can do at home.



I'm all done with
my appointment.

Everyone will be
so proud of me!



Developed by:

Autism Spectrum Center & Child Life Services