

Reserved Activities in Physiotherapy

INTRODUCING AN INSTRUMENT OR A FINGER IN THE HUMAN BODY BEYOND THE LABIA MAJORA OR ANAL MARGIN¹

This reserved activity allows physiotherapists to introduce an instrument or finger beyond the opening to the vagina or anus to assess neuromusculoskeletal function in the perineal and coccygeal regions and treat impairments AND disabilities.

The assessment and therapeutic interventions involved in this reserved activity include assessment of muscle tone in the pelvic floor, internal palpation of tissues in the perineal region, mobilization or manipulation² of the coccyx, and reinforcement or relaxation of the muscles in the pelvic floor.

Other than a finger, various instruments such as a pessary, vaginal cone, or intravaginal or intrarectal probe can also be inserted beyond the vaginal or anal opening to assess or treat these regions.

PLEASE NOTE!

It should be noted that inserting an instrument does not require a prescription except for a permanent pessary, for which prior medical assessment is needed before being introduced long-term.

AUTHORIZED MEMBERS

Physiotherapists

CERTIFICATION

No OPPQ training certificate is required to practice this reserved activity.

COMPLEMENTARY

During this reserved activity, physiotherapists are authorized to administer prescription topical medications such as a local anesthetic, as needed.³

This activity may also involve other activities reserved to OPPQ members, such as using invasive forms of energy.⁴ For example, muscle contraction in the pelvic floor can be improved using electrical neuromuscular stimulation.

SHARED

This activity is not reserved exclusively to physiotherapists. It is shared among a certain number of healthcare professionals. For example, physicians, nurses, nursing assistants, medical technologists, and radiology technicians can also perform this activity, subject to the aims described in their respective scopes of practice.

¹ Section 37.1, Subsection 3 c) of the *Professional Code*.

² To manipulate the coccyx, the physiotherapist must have a training certificate from OPPQ as per Section 37.1, Subsection 3 j) of the *Professional Code*. For more information, please refer to *Guide administratif du Règlement sur des activités de formation des physiothérapeutes pour procéder à des manipulations vertébrales et articulaires* (2014), available on the OPPQ website (in French).

³ Sections 1 and 3 of the *Regulation respecting the professional activities that may be engaged in by members of the Ordre professionnel de la physiothérapie du Québec*.

⁴ Section 37.1, Subsection 3 of the *Professional Code*.