

### THE HEGEL METHOD SCHEDULE

Congratulations! You have already completed your Initial Assessment. Here is a brief outline of the next 6 sessions:

1. **FIM Assessment** (45 min) – 2 weeks after initial assessment
2. **BIOFEEDBACK Assessment** (1 hour) – 2 weeks after FIM IAx
3. **Penile Rehab** (30 min) – 2 weeks after Biofeedback IAx
4. **FIM Reassessment** (45 min) – 6 weeks after FIM IAx (2 weeks after penile rehab)
5. **BIOFEEDBACK Reassessment** (45 min) – 2 weeks after FIM REAx
6. **3 Month Check In** (30 min) - 3 months after FIM IAx, 4 weeks after Biofeedback REAx

These timelines represent our recommendations. We understand if your schedule—or ours—doesn't perfectly align with these suggestions.