

# Women's Health

Women's health physiotherapy relates to the management of conditions affecting women during all life stages. We pay particular attention to preventing or assisting problems with the female pelvic organs.

Our Women's Health Physiotherapists can help you with any of the following problems:

## Bladder, bowel or pelvic floor problems

- Incontinence of urine or faeces
- Urinary/bowel urgency and frequency
- Chronic constipation
- Painful sexual intercourse
- Pelvic organ prolapse
- Inability to perform pelvic floor exercises

## Pre or post pregnancy

- Pregnancy related pelvic
- Pregnancy related back pain
- Mastitis, engorgement, blocked milk ducts
- Post natal pelvic pain, coccyx pain
- Post natal back and neck pain
- Post natal recovery of scarring and pain from episiotomy or perineal tears
- Post natal abdominal muscle separation

## **Perimenopause or post menopause**

- Pelvic floor muscle dysfunction
- Bone density
- General health and fitness advice

## **Gynaecological or urological surgery**

- Pre- surgery education and strengthening programs
- Post surgical rehabilitation
- Post surgical scarring and pain