



## Post-natal Physiotherapy

Pelvic health is often overlooked, and many women feel embarrassed to speak up. Issues like pain during pregnancy or postnatal urinary leakage are common—but not normal. Women's Health Physiotherapy can help treat these concerns and prevent future problems. It supports women through all stages of life, promoting long-term wellbeing.

Women's Health Physiotherapy can help you overcome and treat:

- Stress or urge incontinence - the unintentional passing of urine
- Pelvic organ prolapse
- Pelvic pain
- Pelvic floor tightness
- Overactive bladder syndrome
- Pregnancy related musculoskeletal pain including pelvic girdle pain (PGP), carpal tunnel syndrome (pain, numbness and tingling in the wrist and hand), spinal pain, headaches
- Diastasis recti (separation of your tummy muscles)

Woman's Health Physiotherapist may use the following to help you:

- An individualised pelvic floor programme
- Bladder retraining
- Postural advice/education
- Stretches
- Soft tissue massage/release
- Muscle energy techniques
- Joint mobilisations
- Acupuncture
- Clinical Pilates

Your appointment includes a discussion of your symptoms, medical history, daily activities, and hobbies. Depending on your needs, we may assess posture, joint movement, muscle strength, and function. If you experience pelvic floor issues, we will recommend a gentle internal examination to check for pain, tightness, prolapse, or muscle weakness.

Every woman deserves a full postnatal check, no matter how or when she gave birth. Please book an appointment if you have any concerns during pregnancy or after birth.