

WOMEN'S HEALTH PHYSIOTHERAPY

Why have I been referred to the Women's Health Physiotherapist?

Women's Health Physiotherapists treat a number of conditions that affect the bladder, bowel and pelvic organs. These may include:

- Stress incontinence (leakage of urine on coughing, sneezing, running or jumping)
- Urgency (having to rush to the toilet to avoid leaking)
- Urge incontinence (Leaking on the way to the toilet associated with urgency)
- Frequency (having to go to the toilet very frequently)
- Urgency or incontinence associated with bowel function
- Discomfort in the pelvic region (a sensation of something 'dragging down' or a bulge)

You have been referred to the Women's Health Physiotherapist because you may have one or some of the symptoms listed above, and your health care provider feels that you would benefit from Physiotherapy. Physiotherapy can be a very effective treatment for these symptoms.

Who will be treating me?

You will be treated by a Physiotherapist with specialist women's health training to deal with your condition. Your therapist will be a female and you will see the same therapist each time you come for treatment.

How long will my appointment last?

Your first appointment can last up to one hour and subsequent appointment up to 45 minutes.

What will happen in my appointment?

At your first appointment your physiotherapist will ask you a number of questions about your symptoms, with your consent, your physiotherapist may do a vaginal or rectal (internal) examination, depending on your symptoms. This is to assess pelvic floor muscle function. You do not have to have this examination and you are welcome to bring someone to accompany you if you wish.

At the end of your appointment, the therapist will discuss a treatment plan with you.

What do I need to bring to my appointment?

It would be useful if you can bring the following items to your appointment (if relevant)

- Any relevant medical letters or investigation results about your problem
- A list of any medication

What are my treatment options?

Your treatment will depend on the results of your assessment, however some of the treatment options may include:

- An individually designed pelvic floor exercise program to increase the strength and control of these muscles
- Lifestyle intervention such as changing what you drink and how often you exercise
- Bladder and bowel management
- Various adjuncts to treatment such as biofeedback and/or electrical stimulation to help strengthen your pelvic floor muscles

You will most likely be given exercises to practice at home. For your treatment to be successful, it is important that you try to follow the programme your physiotherapist has given you.

What if I can't attend my appointment?

Please contact us as soon as possible to enable us to offer your appointment to someone else on the waiting list. If you still require an appointment please rebook at a time when you know you will be able to attend.

You can still attend your appointment if you are menstruating (on your period) or if you need to bring young children with you.

We have a **very strict** policy on failure to attend appointments. If we do not hear from you after failing to attend an appointment you will be discharged from our waiting list.

Do you need further help?

If you have any concerns or would like to ask further questions then please do contact your Women's Health Physiotherapist for further advice and treatment:
Our phone number: **01624 642158**