



Women's Pelvic Health



Bowel

Are you embarrassed by accidentally passing wind or soiling your underwear?

Do you have to rush to the toilet for a bowel action?

Do you have difficulty emptying your bowel and feel like you haven't completely emptied?

Loss of bowel control and constipation are highly distressing problems that are seldom talked about. These problems can have a huge impact on your life. You might find yourself avoiding intimacy and social situations and too worried to leave the house in the morning if you haven't had a bowel action. Constipation and difficulty emptying your bowel can leave you feeling bloated, uncomfortable and sluggish.

The pelvic floor muscles play an important part in the management of these symptoms. They are at the base of your pelvis, attaching from the pubic bone at the front to the tail bone at the back. These muscles support the bowel with a role in both control and emptying. They are also important for bladder control and sexual function. A normal pelvic floor can contract and relax, yours may be weak or too tight.

1 in 10 women experience poor bowel control whilst emptying problems are also common. Pregnancy and childbirth, constipation and straining, ageing, heavy lifting and some types of surgery or radiation therapy can all affect your pelvic floor muscles.

Research supports the role of pelvic floor muscle retraining and an individualised pelvic health program designed by a specifically trained Physiotherapist in the management of bowel disorders.



What Will My Physiotherapy Program Involve?

- A thorough assessment to establish your goals, pelvic floor requirements and treatment plan
- Design of a personalised pelvic floor muscle exercise program based on your abilities and needs
- Progression of your program and application to daily activities
- Instruction in a more effective way to empty your bowel which may include balloon therapy
- Advice to normalise stool consistency

How Often Will I Need To Attend?

The number of treatments varies for each individual. To achieve optimal gains, most women require 4 to 6 visits over a 4 to 6 month period. You can expect to experience gradual improvement in your symptoms throughout this time.

Motivation and adherence are important factors in achieving your goals. Your Physiotherapist will regularly re-assess these goals and work with you to ensure the program is achievable and appropriate for your lifestyle.

What Can WMHP Do For Me?

Bowel problems are distressing and isolating and more common than you think. However, you're not alone and there is help available. At Women's & Men's Health Physiotherapy we lead the way in pelvic health. We'll empower you to improve your bowel control and emptying so you can exercise, not worry about where the nearest toilet is, stop wearing pads, and confidently socialise and enjoy life.

Why Choose Women's & Men's Health Physiotherapy?

 We're a group of female Physiotherapists who specialise exclusively in the area of continence management and pelvic floor muscle rehabilitation

 We'll design a personalised pelvic health program for you

 We're passionate about empowering women to regain their confidence and change their lives for the better

 Our Physiotherapists and administrative team recognise the sensitivity of your symptoms and will treat you with understanding, respect and discretion



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