



## Women's Pelvic Health



### Pelvic Organ Prolapse

Do you have a heavy, dragging feeling in your vagina?  
Can you feel a bulge at the entrance to your vagina?  
Has your GP told you that you have a prolapse?

Pelvic Organ Prolapse is when one or more of the organs (the uterus, bladder, urethra or bowel) in the pelvis descend. This can be bothersome and annoying. It can also have a huge impact on your life, making day to day living uncomfortable and normally enjoyable activities unpleasant.

The pelvic floor muscles are at the base of your pelvis, attaching from the pubic bone at the front to the tail bone at the back. These muscles are essential in providing dynamic support to the pelvic organs. They also help control the bladder and bowel and play a role in sexual function.

50% of women who've had a baby have a pelvic organ prolapse. Constipation, chronic cough, strenuous sports, menopause, obesity, genetic factors and ageing can also affect the pelvic floor and your pelvic organ support.

Recent research provides strong evidence that pelvic floor muscle training, under the guidance of a specifically trained Physiotherapist, reduces the symptoms and stops the progression of prolapse.



# What Will My Physiotherapy Program Involve?

- A thorough assessment to establish your goals, pelvic floor requirements and treatment plan
- Design of an individual pelvic floor muscle exercise program based on your abilities and needs
- Progression of your program and application to your daily activities
- Screening for risk factors which may be worsening your prolapse symptoms and modifications to maximise your function
- Consideration of a pessary to assist your symptoms in conjunction with your medical practitioner
- Assessment and management of any co-existing sexual, bladder or bowel symptoms

## 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?


Many women experience Pelvic Organ Prolapse but you don't have to live with it or suffer in silence. In many cases, Pelvic Organ Prolapse can be better managed, its symptoms reduced and its progression prevented. At Women's & Men's Health Physiotherapy we lead the way in pelvic health. We'll empower you to improve your pelvic floor muscles and prolapse so you're more comfortable, feel confident about intimacy and can fully enjoy life.

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

 We're a group of female Physiotherapists who specialise exclusively in the area of prolapse 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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Also consulting at:  
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