



## Women's Pelvic Health



### Pelvic Surgery

Are you preparing for upcoming pelvic or vaginal surgery?

Are you recovering from a hysterectomy?

Hysterectomy is the most common female surgery and requires care during the recovery period which can take up to 3 months. You'll be eager to optimise your recovery as much as possible and might like some guidance and reassurance during this time.

Preparing for and recovering from pelvic and vaginal surgery is easier with expert advice as there are many activities which can impact healing and your comfort during recovery.

Your recovery from surgery and long term outcome can be impacted by many factors including constipation, heavy lifting, returning too quickly to strenuous activities and poor pelvic floor muscle function. Occasionally after surgery women can experience problems such as bladder leakage or painful sex.

Your long term recovery will be enhanced by having optimal pelvic floor and abdominal muscle function. 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.

Research shows that 50% of women cannot contract their pelvic floor muscles correctly following verbal or written instruction. In fact, 25% of women use a technique that could weaken their pelvic floor. It is vital that you know how to correctly contract and relax your pelvic floor through the assistance of a specifically trained Physiotherapist.



## 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
- Progression of your program and application to daily activities
- Advice about lifestyle modifications for the post op period and guidance for return to normal activity

## 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?


At Women's & Men's Health Physiotherapy we lead the way in pelvic health. We'll help you prepare for, and recover from, pelvic and vaginal surgery to ensure you get the best possible outcome giving you peace of mind so you can return to your normal level of activity with confidence.

## 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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