



Pregnancy & Postnatal



Pelvic Floor

Do you have bladder leakage or vaginal heaviness?

Are you pregnant or have had a baby and want to look after your pelvic floor?

Are you confident you know how to correctly contract your pelvic floor?

If you're pregnant or have recently had a baby now is the time to look after your pelvic floor. We know that pregnancy and childbirth significantly increase the risk of bladder leakage and prolapse. These common and distressing problems can affect your quality of life. Even if you don't have these problems now you're still at risk of experiencing bladder leakage or prolapse in the future. Prevention really is better than a cure.

The pelvic floor muscles are important in the prevention and management of these symptoms. 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 help control the bladder and bowel and are essential in providing dynamic support to the pelvic organs. They also play a role in sexual function.

Pregnancy and childbirth are the biggest risk factors for a weakened pelvic floor. Constipation and straining, heavy lifting, strenuous sports and over training of the core muscles can also affect the pelvic floor.

Research shows that pelvic floor exercises in pregnancy and postnatally prevent bladder leakage. Research also shows that a pelvic floor exercise program is only effective when prescribed under the guidance of a specifically trained Physiotherapist, rather than following information from a brochure or online.



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
- Assessment and management of any bladder, bowel, prolapse or sexual 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 if they have symptoms, less for prevention. 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?

Pelvic floor muscle weakness is common during pregnancy and after birth, and may lead to bladder leakage and prolapse. You don't have to live with it or accept it as inevitable. At Women's & Men's Health Physiotherapy we lead the way in pelvic health. We'll empower you to improve your pelvic floor muscles to give you peace of mind and confidence so you can enjoy this special time of your life to the fullest.

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

 We're a group of female Physiotherapists who specialise exclusively in the area of continence and 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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