



Women's Pelvic Health

Pelvic Floor Check

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

Have you ever wondered how strong your pelvic floor muscles are?

Most women know the benefits of doing pelvic floor exercises but many are confused and unsure of how to correctly contract their pelvic floor and how many or how often to do these exercises. Every woman can benefit from a pelvic floor muscle check.

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 support and control the bladder and bowel and play a role in sexual function. Pregnancy and childbirth, constipation and straining, ageing and menopause, chronic cough, strenuous sports, over-training the core muscles and stress can all affect the pelvic floor.

A normal pelvic floor should be able to correctly contract and fully relax, yours may be weak or too tight. You may not have symptoms now but if your pelvic floor muscles are weak or not relaxing fully, you could develop bladder leakage, prolapse or sexual pain. Prevention really is better than a cure.

We are unable to easily visualise the pelvic floor muscles. 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 and stretch their pelvic floor. It's vital that you know how to correctly contract and relax your pelvic floor.

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 an individual pelvic floor muscle exercise program based on your abilities and needs
- Progression of your program and application to daily activities


How Often Will I Need To Attend?

The number of treatments varies for each individual. 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 work with you to improve your pelvic floor so you feel empowered, confident and optimistic about your bladder control and pelvic health.

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



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