



Free Women's Health Physiotherapy

For patients of Ivy Court, Charing, Hamstreet and Woodchurch Surgeries (Ashford Rural PCN)

Women's Health Physiotherapy involves the assessment and treatment of symptoms related to the pelvis and pelvic floor:

Pregnancy pelvic girdle pain
Postpartum low back or pelvic pain
Urinary incontinence
Bowel incontinence

Prolapse
Pain on intercourse
Menopause

1 in 3 women experience urinary incontinence during their lifetime.

Pelvic organ/vaginal prolapse is experienced in up to 50% of women who have had children.

70% of urinary stress incontinence is improved with appropriate pelvic floor exercises.



What to expect

This is a **free service** in accordance with appointment availability you can be seen in **Ivy Court, Charing, Hamstreet or Woodchurch Surgeries**

You may be asked to see us as part of your postpartum check with the GP, where we will:

- Take a detailed history from you
- Provide a musculoskeletal assessment
- Provide a vaginal assessment: this is not compulsory but allows us to fully assess your pelvic floor.
- Create a treatment programme - personalised to you.

For other women's health concerns, we typically have an initial appointment and then follow up in 6-8 weeks. **You can self-refer via your GP Practice.**

Although these problems are common, they are not normal and should not be 'put up with' in silence - it can be distressing and affect your quality of life. It is important to seek help.

