

Perinatal Physiotherapy

REFER TO US IF 12 WEEKS +



Musculoskeletal pain in pregnancy

- Lower back pain
- Upper Back pain
- Pelvic Girdle pain
- Coccydynia



Pelvic Floor dysfunction in pregnancy

- Bladder Incontinence
- Bowel Incontinence
- Pelvic Pain (Vaginismus/vulvodynia)
- Pelvic Organ Prolapse



Physiotherapy led Classes

- C-section Education
- Healthy Back and Bumps
- Active Labour

Pelvic floor screening tool

for all pregnancies, if at risk but no symptoms refer to healthy backs and bumps class

risk factors

BMI >25 KG
LACK OF EXERCISE
CONSTIPATION
DIABETES
FIRST DEGREE RELATIVE WITH UI/FI/OAB
>30 YEARS FIRST BABY
MULTIPARITY
PREVIOUS ASSISTED DELIVERY/TEARING

These patients may not be symptomatic at the time but research shows they are at higher risk of developing pelvic floor dysfunction. Our education classes will teach patients how to prevent dysfunction from presenting.

Questions?

please email our friendly team at:

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