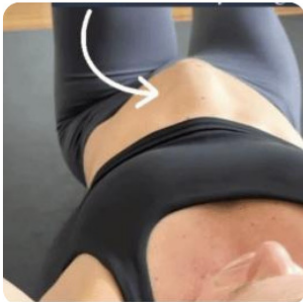


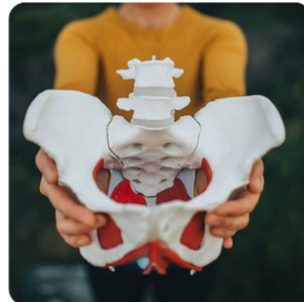
# Perinatal Physiotherapy

## REFER TO US POSTPARTUM



### Musculoskeletal complaints related to pregnancy

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



### Pelvic Floor dysfunction postpartum

- Bladder Incontinence
- Bowel Incontinence
- Pelvic Pain (Vaginismus/vulvodynia)
- Pelvic Organ Prolapse
- Scar tissue pain
- Painful Sex



### Post C-section recovery

- C-section Education
- scar tissue management
- TVA restoration and pelvic floor education
- Return to exercise

## Post Partum self referral classes

Self Referral to postpartum education classes which cover:

perineal tearing  
urinary incontinence  
faecal incontinence  
scar pain and sensitivity  
intimacy postpartum  
returning to exercise

Classes are currently in development and further information and links to self referral pathways will be developed and then disseminated into relevant groups.

Questions?

please email our friendly team at:

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