

Aishling Burke

BSc (Hons) Physiotherapy

Scans, tests, services & treatments available

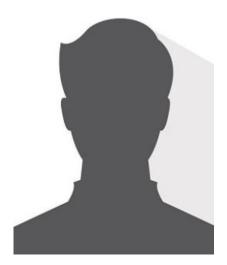
- Women's & Men's Health Physiotherapy
- Physiotherapy

Professional Profile

I'm a clinical specialist in men's and women's health physiotherapy with over 18 years of experience. I lead the pelvic health and oncology service at Kent's largest private hospital, KIMS. I provide expert, individualised care for a range of conditions, including incontinence, prolapse, pelvic pain, postnatal recovery, constipation, menopause, and gynaecological or cancer prehabilitation and rehabilitation. I'm dedicated to helping patients reduce symptoms and improve their quality of life through tailored treatment. As the first physiotherapist to train as a Sharon Wheeler ScarWork Therapist, I also specialise in scar treatment, using manual therapy techniques to treat both new and old scars. I treat a wide range of delicate conditions with sensitivity and empathy:

Bladder & Bowel Issues

- · Urinary incontinence (stress, urge, mixed)
- \cdot Urinary urgency and frequency
- \cdot Overactive bladder
- · Incomplete bladder emptying
- \cdot Bowel incontinence
- \cdot Constipation and straining





 \cdot Difficulty emptying the bowel

Pelvic Organ Support

- · Pelvic organ prolapse (bladder, bowel, uterus)
- \cdot Heaviness or dragging sensation in the pelvis

Pelvic Pain Conditions

- \cdot Chronic pelvic pain
- · Painful bladder syndrome (interstitial cystitis)
- \cdot Vulvodynia
- · Vaginismus
- · Dyspareunia (pain during or after sex)
- \cdot Endometriosis-related pain
- · Pudendal neuralgia

Postnatal & Post-surgical Recovery

- · Abdominal separation (diastasis recti)
- · Perineal trauma or episiotomy recovery
- \cdot C-section recovery
- · Pelvic floor weakness after childbirth
- \cdot Pelvic floor dysfunction following gynaecological or bowel surgery

Menopause & Hormonal Changes

- \cdot Vaginal dryness and discomfort
- \cdot Pelvic floor weakening
- \cdot Changes in bladder and bowel habits



 \cdot Peri and menopause health support

Cancer Rehabilitation

- \cdot Pelvic floor and core rehab after gynaecological, urological, or colorectal cancer
- \cdot Scar tissue management (including ScarWork therapy)
- \cdot Lymphoedema prevention and management
- \cdot Fatigue and deconditioning post-treatment