

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)
- Urinary urgency and frequency
- Overactive bladder
- Incomplete bladder emptying
- Bowel incontinence
- Constipation and straining



- Difficulty emptying the bowel

Pelvic Organ Support

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

Pelvic Pain Conditions

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

Postnatal & Post-surgical Recovery

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

Menopause & Hormonal Changes

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

- Peri and menopause health support

Cancer Rehabilitation

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