

Women's & Men's Health Physiotherapy

What is Pelvic Health Physiotherapy?



Pelvic Health Physiotherapy is a division of physiotherapy aimed at treating the broad spectrum of physical changes and issues that occur throughout a woman's life, with a particular focus on the pelvis and pelvic floor.

This includes:

- postnatal rehabilitation
- peri and post-menopausal care
- pre and post-surgical rehabilitation
- the management of hormonal changes

While the incidence of injury, pain and dysfunction in these areas is all too common, there is a growing base of evidence to indicate that physiotherapeutic intervention can be beneficial in the management of these symptoms, improving an individual's quality of life.

Conditions we treat:

- Bladder dysfunction: (stress, urgency, and mixed incontinence), bladder pain syndrome, urinary frequency
- Bowel dysfunction(faecal/ flatus incontinence, urgency, constipation, incomplete evacuation, rectal pain)
- Conservative management of pelvic organ prolapse
- Perineal trauma following childbirth (Perineal/episiotomy scarring)
- Pelvic pain
- Sexual dysfunction (dyspareunia /vaginismus)
- Pre and rehab following gynae and breast surgery (inc cancer surgery & adjunct therapy)
- Menopausal issues (GSM/joint pains, bladder or bowel dysfunction, sexual dysfunction)

- Scar therapy (scar treatment for caesarean scarring, breast or gynae surgery. Abdominal massage for internal adhesions following surgery/ endometriosis management).

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Prices

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Initial assessment (60 minutes)

£92

Follow up appointment (30 minutes)

£55

The above are guide prices only.

Our [terms and conditions can be found here](#).

Consultants



Aishling Burke

Available at
KIMS Hospital

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