

# 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).

## Prices

We aim to provide a flexible service, offering you several choices for funding your physiotherapy treatment.

We accept self-pay patients, meaning you can access all of our services and arrange your treatment directly through us.

We are also recognised by all major health insurance companies, so you can expect a seamless experience if you choose to fund your treatment this way.

You can rest assured that our pricing is always open and transparent, with no hidden costs, giving you peace of mind for your time with us and allowing you to focus on your recovery.

Initial assessment (60 minutes)  
£97

Follow up appointment (30 minutes)  
£58

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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