

Pelvic Health Physiotherapy

An information guide



Pelvic Health Physiotherapy

What is Pelvic Health Physiotherapy?

The assessment and treatment of:

- Bladder / bowel incontinence
- Feeling like you need to go to the toilet frequently
- Pelvic floor muscle weakness or over activity
- Prolapse (women only)
- Perineal tears following childbirth (women only)

Current research supports the role of physiotherapy in treating these conditions – most patients improve following treatment. In a recent audit conducted by the physiotherapists at this NHS trust, 70% of patients had a reduction in their symptoms following physiotherapy. However, it is likely that it will take 3-4 months to notice a positive change to your symptoms.

The Assessment

- You will be seen by a female physiotherapist with specific skills in pelvic health.
- Assessment and treatment will take place in a private room.
- Your initial appointment will last approximately 1 hour and appointments thereafter 30 minutes.
- To enable a decision to be made on the correct treatment your physiotherapist will take a thorough history and it is helpful for them to do a vaginal/rectal examination.
- You may bring someone with you if you wish and you may request a chaperone (please ring the department before your appointment so this can be arranged).
- Please bring a list of your current medication.
- Once you have been assessed, you and your physiotherapist will decide on the management of your condition.

You are able to say '**No**' to any part of the treatment or assessment.

Treatment

This may include:

- an individualised pelvic floor exercise programme
- advice on reducing strain on the pelvic floor
- bladder / bowel training
- neuromuscular electrical stimulation (a type of electrical treatment)
- biofeedback

We are a teaching hospital and have students working in the department at times. All students are supervised by senior physiotherapists. If you do not wish for a student to be present during your assessment or treatment please inform the receptionist or physiotherapist.

If you have any questions or concerns prior to your appointment, please call the department to speak to the physiotherapist.

Appointment cancellations

If you are unable to attend your appointment please telephone the department as soon as possible to enable your appointment slot to be filled by another patient. Your appointment can then be rearranged to a more convenient time and date.

If you do not attend your appointment and fail to inform the department, you will be discharged from physiotherapy.

Where can I receive treatment?

You will be offered treatment at your nearest local hospital or available clinic but this may depend on the locality of your GP.

Oldham

The Royal Oldham Hospital - Physiotherapy Department

Telephone: 0161 627 8517

North Manchester

North Manchester General Hospital – Physiotherapy A

Telephone: 0161 720 2423

Bury

Fairfield General Hospital - Physiotherapy Department

Telephone: 0161 778 3882

Rochdale

Rochdale Infirmary - Physiotherapy Department

Telephone: 01706 517316

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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إذا لم تكن الإنجليزية هي لغتك الأولى وتحتاج إلى مساعدة ، فيرجى الاتصال بخدمة الترجمة الشفوية والتحريرية

☎ : 0161 627 8770

@ : interpretation@pat.nhs.uk

To improve our care environment for Patients, Visitors and Staff, **Northern Care Alliance NHS Group** is Smoke Free including buildings, grounds & car parks.

For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897


For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

The Northern Care Alliance NHS Group (NCA) is one of the largest NHS organisations in the country, employing 17,000 staff and providing a range of hospital and community healthcare services to around 1 million people across Salford, Oldham, Bury, Rochdale and surrounding areas. Our Care Organisations are responsible for providing our services, delivering safe, high quality and reliable care to the local communities they serve.

The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

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