

Pelvic Health Physiotherapy

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Pelvic Health Physiotherapy

Who are we?

- Formerly Women's and Men's Health Physiotherapy
- SGH: 4 specialist physiotherapists and 2 rotational physiotherapists
- QMH: 2 specialist physiotherapists
- Plans to expand service to SJTC
- Links with:
 - Urology
 - Perineal clinic at SGH / Obstetrics
 - Midwives
 - Colorectal
 - Vulval clinic
 - Other hospitals (physios, Urogynae MDT)
 - Primary care – YOU!

Pelvic Health Physiotherapy

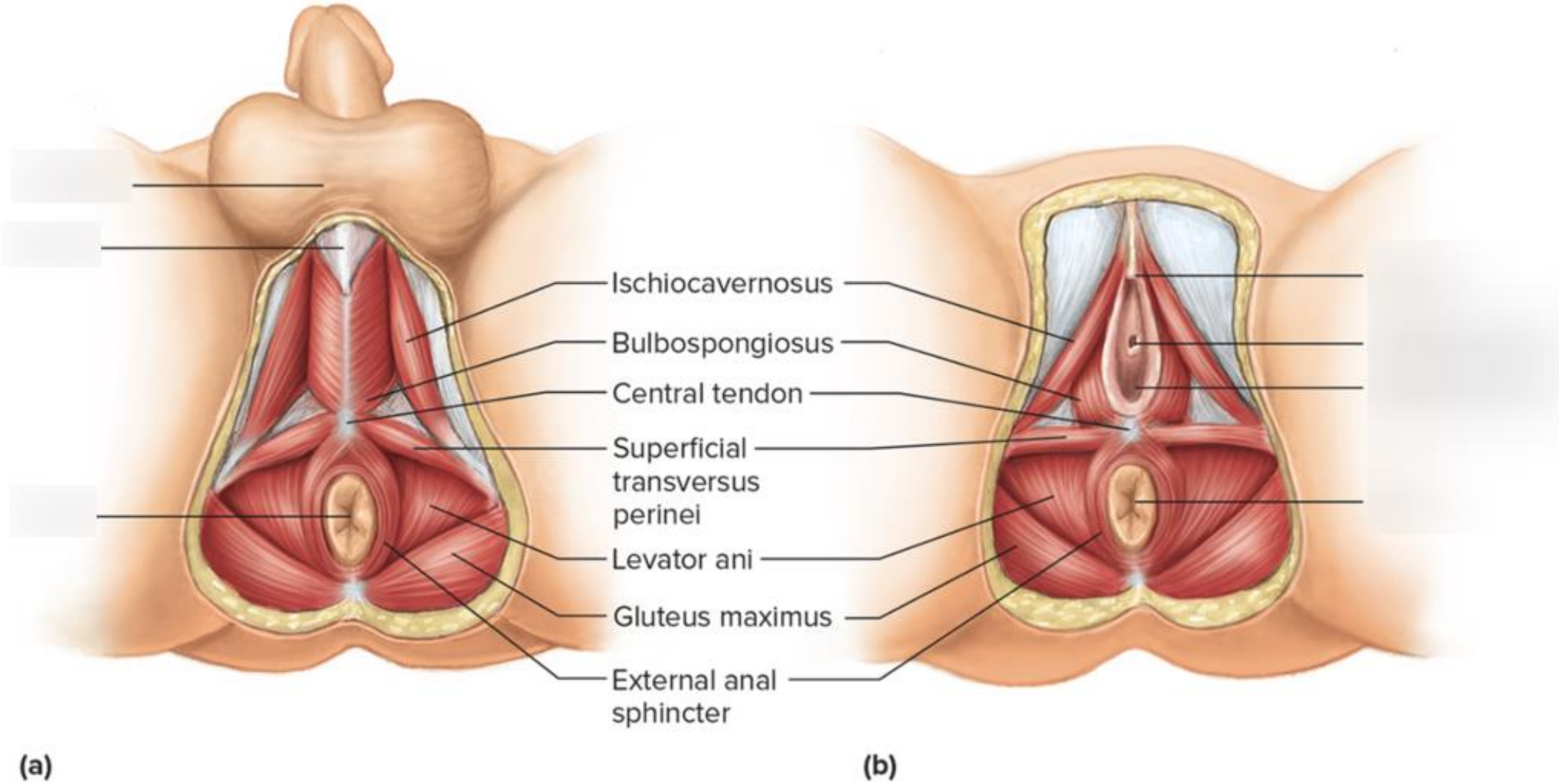
What do we do?

- Pregnant women with pregnancy related pain: PGP and LBP
- Women and Men
- SUI, UUI and MUI
- Faecal Incontinence
- Pelvic organ prolapse
- Pelvic pain – male and female (dyspareunia, vulvodynia, vestibulodynia, vaginismus, chronic pelvic pain etc)

- What is the link?

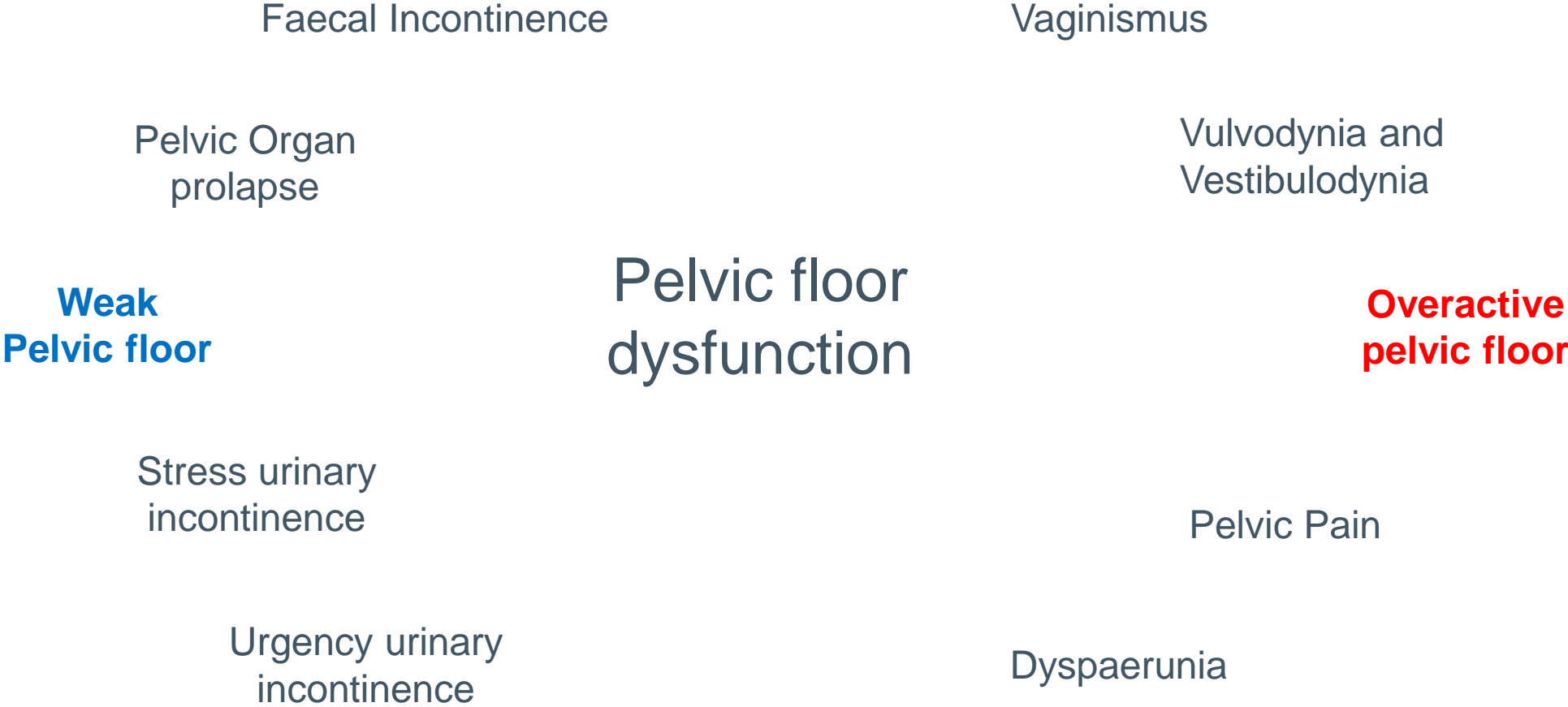
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Pelvic Floor



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Pelvic Floor Muscle Dysfunction



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Assess and Treat Pelvic floor dysfunction

- Technique
- Endurance
- Co-ordination
- Timing
- Fatigue
- Overactive
- Tailor made – everyone is different!
- As well as addressing global rehabilitation needs

Urinary Urgency Incontinence

- Pelvic floor muscle rehab
- Bladder habits (irritants, just in case, hovering etc)
- Fluid advice 1.8L-2L per day (depending on size/lifestyle etc)
- Fluid volume charts (3 days)
- Tailor made bladder retraining
- Lifestyle advice
- Biofeedback / Electrical Stimulation (not routinely – only if indicated)
- Refer on when necessary

Current Pathway for Urinary Incontinence

- Pelvic Health Physiotherapy accept patients presenting with: SUI, UUI and MUI from:
 - Merton
 - Wandsworth
- Please first exclude: pelvic masses, urinary retention, faecal impaction
- Exclude Infection and haematuria prior to referral by Urinalysis
- Conservative treatment first – allow 3 months

How to refer to us

- All men and women with SUI, UUI, MUI, Pelvic organ prolapse as well as other pelvic pain conditions can be referred
- SGH: referral form on website
- Stgh-tr.nmskpathwayhub@nhs.net
- Uploaded onto triage system (up to 1 week)
- Booked by CBS or locally at QMH
- Pregnant patients with Pregnancy related pain – via SPoA/eRS (Wandsworth only)
- Telephone number: 020 8725 1333