Homerton University Hospital NHS
NHS Foundation Trust

Pelvic Health Physiotherapy Service

Pelvic Health Physiotherapy Department

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https://www.homerton.nhs.uk/womens-and-mens-health-physiotherapy/



Incorporating hospital and community health services, teaching and

Who We Are:
We are a team of specialist physiotherapists who specialise in the management of women during and after pregnancy with musculoskeletal problems and treatment of women & men who are experiencing problems with pelvic floor dysfunction.

What is Pelvic Floor Dysfunction (PFD)?
PFD is the term given to conditions affecting one of the three systems in the pelvis

- Bladder
- Bowel
- Vagina/uterus (Women)

What do we treat?

- **Urge urinary incontinence** - leaking of urine immediately after a strong feeling of urgency
- **Stress incontinence** - leaking with exertion such as coughing, sneezing, laughing, running, jumping
- **Incomplete bladder emptying -** Not being able to fully empty your bladder when you go to the toilet
- **Bladder and bowel urgency -** a sudden, compelling urge to go to the toilet which is difficult to ignore
- **Anal incontinence** - leaking from your back passage (wind or stool)
- **Constipation -** difficulty passing your stools, not going very often (less than 3 times a week)
- **Vaginal prolapse** (female) - the dropping down of one of your pelvic organs, sometimes feels like a heaviness in your vagina
- **Sexual problems** - related to the pelvic floor

- **Pelvic Pain** – vaginismus, dyspareunia, vulval pain
- **Male PFD** – urinary incontinence and pelvic pain

All of these conditions can be treated very effectively with rehabilitation of the pelvic floor muscles and with the right advice.

- **Musculoskeletal problems related to pregnancy**

    - Pelvic girdle pain
    - Low back pain & thoracic pain
    - Rectus abdominus diastasis
    - Carpal tunnel syndrome
    - De Quervains
    - Rib pain

Obstetrics Services:

- **1:1 Physiotherapy**

  Info: 1:1 assessment and treatment of musculoskeletal conditions for antenatal patients or post-natal patients (up to 12 weeks post-natal).
  Venue: Physiotherapy Dept.
  Referral: Midwife**, GP,** Obstetrician or other health professional.

- **Ante Natal Education Class - Virtual**

  Info: Antenatal women with low back pain or pelvic girdle pain.
  Venue: Physiotherapy Dept.
  Time & Date: Wednesdays 10:45-12:00
  Referral: Midwife, **GP**, Obstetrician, other health professional or self referral.

- **Ante Natal Exercise Class**

  Info: 6 consecutive exercise sessions for ante-natal women with musculoskeletal conditions.
  Venue: Physiotherapy Dept.
  Time & Date: Wednesdays 3:30-4:30
  Referral: Treating clinician.

- **Templar & Turpin ward**

  Info: We provide post-natal exercise and advice to women who have had 3rd & 4th degree tears during delivery. We also see women who experience incontinence or mobility problems post-natally. We can provide chest physio for women with retained secretions or respiratory problems.
  Venue: Templar ward, Turpin Suite, Delivery Suite.
  Time & Date: Monday-Friday 12:40-1:40pm
  Referral: Midwife, Doctor, Consultant.

Pelvic Floor Dysfunction Services:

- **Core & Floor -**
  Info: Exercise classes for women with PFD who would benefit from additional pelvic floor exercises which can run alongside 1:1 treatment.
  Venue: Physiotherapy Dept.
  Time & Date: hasn't restarted yet
  Referral: Treating clinician.

- **Perineal Clinic**
  Info: Multi-disciplinary clinic lead by Consultant Urogynaecologist Mr Amr Gehad for women who have sustained a 3rd or 4th degree tear during delivery.
  Venue: Tuke Ward at Homerton Hospital
  Time & Date: Every 4 weeks
  Referral: Obstetrician on the post-natal ward

Breast Surgery Services:

- **Gynaecology & Breast Surgical Patients on Priestly Ward**
  This service is currently provided by our Surgical Rehab Team (SRT). They can be contacted on Bleep 243 or 265
- **1:1 Physiotherapy**
  Info: 1:1 assessment and treatment of musculoskeletal problems following breast surgery.
  Venue: Physiotherapy Dept.
  Referral: Breast care nurse or oncologist

Additional Information:

We work very closely with the community pelvic floor dysfunction service, adult integrated continence services (AICS) and community continence services, colorectal services and urology services.