

Womens Health Physiotherapy

Role

The physiotherapist in Womens Health provides an important role in the treatment of many conditions affecting women.

She provides specialist assessment of the obstetric patient suffering with back, pelvic or symphysis pubis problems and offers advice regarding problem management, back care, treatment techniques and appropriate appliances. She inputs into ante-natal and post-natal groups educating and advising on a number of pregnancy issues. She also runs a gynaecology group as a follow up to surgery.

The physiotherapist assesses and treats patients with gynaecological and anorectal problems, particularly urinary and faecal incontinence. She teaches pelvic floor awareness and exercise programmes and may include biofeedback and neuromuscular stimulation to improve PF function. Advice regarding fluid balance, diet and activities of daily living may be required.

The physiotherapist is keen to motivate, encourage and educate.

Provision

There is a small team of enthusiastic, specialised physiotherapists, liaising with consultants, midwives, health visitors, continence advisors and other physiotherapists.

Location

Physiotherapy is provided at York Hospital. Some group sessions take place at health centres in and around York.

Clinical Skills

Specialist assessment of Ante and Post Natal back and pelvic problems.

Programmes of exercises and specific techniques related to A/N and P/N conditions.

Provision of specialist appliances.

Vaginal and anorectal examination.

Assessment and treatment of a range of gynaecological conditions eg urinary and faecal incontinence, dyspareunia, prolapse.

Pelvic floor muscle exercise programmes.

PF re-education, biofeedback and neuromuscular stimulation.

Patient education, advice and problem management with individuals or groups.