

Possible challenges

Pelvic floor exercises can be hard to learn and it requires time and effort to train yourself to do them.

It may be that despite your hard work your problem cannot be sufficiently improved with pelvic floor exercises alone. If this is the case we will refer you back to your GP with advice for appropriate management.

Contact us:

Abingdon Community Hospital
tel: 01865 904 395

Didcot Community Hospital
tel: 01865 904 968

Wallingford Community Hospital
tel: 01865 904 391

Witney Community Hospital
tel: 01865 904 696

Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the MSK physiotherapy team or contact the Patient Advice and Liaison Service on freephone 0800 328 7971.

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

आपनि यदि এই তথ্যাদি অন্য কোন ভাষায় বা মাধ্যমে (ফরমেট) পেতে চান তবে দয়া করে আমাদেরকে বলুন

ਜੇ ਨਮੁਨੇ ਵਾਂਗ ਸਾਹਿਬੀ ਪੀੜਾ ਪਾਠਾਂ ਵਿੱਚੋਂ ਹੋਵੇ, ਤਾਂ ਸੁਝਾ ਕਰਨੀ ਅਸਰ ਨੂੰ ਪੁੱਛੋ
यदि आपको यह जानकारी किसी दूसरी भाषा या आकार में चाहिए हो तो कृपया हम से पूछें
若您需要本信息的另一种语言或格式的版本，请与我们联系

নেবৰ ভূৱৰ্তী চিত্ৰ মাত্ৰৰেই বিস্মী ভূমী ৰাসনা ন' মৰাচ কঁচি চাবীচী বঁটৈ তা' বিতৰা' কব দে মাটী পুঠি

اگر آپ کو یہ معلومات کسی دوسری زبان میں یا کسی دوسرے طریقے سے درکار ہیں تو براہ کرم ہمیں سے پوچھیں۔۔۔

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Website: www.oxfordhealth.nhs.uk

The MSK Physiotherapy Service is provided by our Older People Directorate.

OP 114.15



MSK physiotherapy

Physiotherapy for
pelvic organ
prolapse and
bladder and bowel
problems

Physiotherapy for pelvic organ prolapse and bladder and bowel problems

You have been asked by your GP to see a women's health physiotherapist to help with issues you are having with one or more of the following:

- **prolapse** (sagging of internal organs) - rectocele, cystocele, urethrocele, vault prolapse
- **bladder problems** - urgency in needing to pass urine, increased frequency in how often you need to pass urine, nocturia (getting up at night to pass urine), stress incontinence (leaking urine when you cough or sneeze)
- **bowel problems** - urgency in needing to open your bowels, poor control of wind or stool

What to expect

We will carry out a thorough assessment of your condition. This includes asking you questions about you, the issue you have been referred for, your health generally and how your current health issues impact on your life.

You may need to be examined. We will carefully explain how we will do the examination and why it is helpful in planning your treatment. The examination may involve a digital internal vaginal or rectal examination (with a finger) for which you need to give your consent. This would mean removing some of your clothes so the physiotherapist can see the area.

You may wish to have a chaperone or someone with you. If you wish to have a chaperone, please ring the department before your appointment so that we can arrange this. Every effort will be made to keep you as comfortable as possible. If there is anything that makes you feel uncomfortable or you would like the examination to stop, please let the physiotherapist know.

Treatment may often involve learning how to do a pelvic floor contraction and then

practising a regime of pelvic floor exercises on your own.

You may be asked to complete a chart to record how much you drink and how much urine you pass. Sometimes we advise you to purchase your own equipment which will help you identify your pelvic floor muscles in order to strengthen them.

Benefits of pelvic floor muscle exercises:

- improving control over bladder and bowel function
- improving existing prolapse or reducing the risk of prolapse
- better recovery from childbirth and surgery (in women)
- increased sensation giving increased sexual satisfaction
- increased quality of life