

Please bring your maternity notes with you to each appointment.

Contact

We offer physiotherapy assessment and treatment for pregnancy related conditions at various locations across Oxfordshire.

For further information please contact:

Physiotherapy administration office
Witney Community Hospital
Welch Way
Witney
Oxon
OX28 6JJ
Telephone: 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

আপনি যদি এই তথ্যাদি অন্য কোন ভাষায় বা মাধ্যমে (ফরম্যাটে) পেতে চান তবে দয়া করে আমাদেরকে বলুন

ਜੇ ਨਸ਼ੇ ਅਤੇ ਮਾਤਿਰੀ ਪੀੜਾ ਲੇਖਾਂ ਵਿੱਚ ਵੱਖਰੇ ਭਾਸ਼ਾਵਾਂ ਜਾਂ ਫਾਰਮੈਟਾਂ ਦੀ ਜ਼ਰੂਰਤ ਹੈ, ਤਾਂ ਕृਪਾ ਕਰਕੇ ਅਸਨੂੰ ਖੁੱਲ੍ਹੀ ਯਕੀਨ ਦਿਓ ਕਿ ਜੇਕਰ ਅਸੀਂ ਇਸਦੀ ਵੱਖਰੀ ਭਾਸ਼ਾ ਜਾਂ ਫਾਰਮੈਟ ਵਿੱਚ ਸੇਵਾ ਕਰ ਸਕਦੇ ਹਾਂ ਤਾਂ ਸਹਾਇਤਾ ਮਿਲੇਗੀ।

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

ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਵੱਖਰੀ ਭਾਸ਼ਾ ਜਾਂ ਫਾਰਮੈਟ ਵਿੱਚ ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਸਹਾਇਤਾ ਮਿਲੇਗੀ।

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

Oxford Health NHS Foundation Trust
Trust Headquarters
Warneford Hospital
Warneford Lane
Headington
Oxford OX3 7JX

Switchboard: 01865 901 000

Email: enquiries@oxfordhealth.nhs.uk

Website: www.oxfordhealth.nhs.uk

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

OP 115.15



MSK physiotherapy

Physiotherapy
for pregnancy
related
conditions

Physiotherapy for pregnancy related conditions

You have been asked by your GP to see a physiotherapist to help you with the difficulties you are experiencing with one or more of the following:

- pelvic girdle pain (symphysis pubis dysfunction)
- sacro-iliac joint problem
- back and leg pain
- hip pain
- carpal tunnel problem (wrist)
- separation of abdominal muscles (dehiscence reaction)

What to expect

We will carry out a thorough assessment. 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.

It may be necessary for the physiotherapist to examine you. They will only do this with

your consent. You may have to remove some of your outer clothing so the physiotherapist can see the area which is causing you difficulties. You may wish to bring a pair of shorts with you to wear during the examination.

Your physiotherapist will guide you through a series of tests. You may be asked to bend and move. This may involve the physiotherapist touching and moving joints of your body and feeling painful areas with their hands.

Every effort will be made to keep you as comfortable as possible. If there is anything that makes you feel uncomfortable, please do feel able to discuss this with your physiotherapist at any point during the assessment and treatment.

Treatment can involve advice on posture and modifying activities to help you manage your pain. You are likely to be given an individually designed exercise programme of stabilising exercises to help you regain support for lengthened and weakened structures. In some cases hands-on treatment may be required.

Sometimes a support belt or Tubigrip may be necessary. Occasionally patients may require crutches. We can supply all of these.

Benefits of physiotherapy treatment:

- Advice, support and strengthening your muscles may ease your pain.
- Special postural and abdominal muscle work will have long term benefits. This may help your delivery and you after your baby is born.

Possible challenges:

- It can be hard to modify your activities and it requires time and effort to train yourself to do new exercise programmes.
- It may be that despite all our advice and your hard work, your difficulties cannot be improved sufficiently to make you comfortable. In these cases we will refer you back to your GP with advice for appropriate management.
- There is a possibility that physiotherapy intervention may enable you to increase your activity levels which could further provoke your symptoms. It is very important that you adhere to your physiotherapist's advice.