

## Women's Health

There are certain health problems that affect women specifically at different times that can benefit from specific physiotherapy care.

The practice works in conjunction with many local Obstetricians and Gynaecologists. Ante and Post Natal physio

There are many changes to your body during and after pregnancy. Back and pelvic pain and instability can arise from poor muscle control, and the postures involved in caring for your newborn, such as prolonged bending during feeding, changing and bathing.

At Northwest Physiotherapy we can assist you with exercises and stretches, such as a Pilates programme to regain strength and stability. We can provide a safe exercise programme to assist you during pregnancy.

### Bladder Weakness

This is much more common than you might imagine. Nearly 1 in 3 women who have had children will experience some form of incontinence. Many women have grown to simply accept this problem as a fact of life.

It

Some women don't seek help as they think the only option is surgery. It ISN'T.

It

- It is treatable and preventable
- It doesn't need to be permanent
- It's never too late to do something about it

It

At Northwest Physiotherapy we have female physiotherapists who will work with you to retrain and strengthen your pelvic floor through a tailor-made exercise programme.

It

With correct exercise and advice, we can greatly improve or cure incontinence.