



Women's Health Physio

Richmond Physiotherapy's women's health service is designed to support women through all stages of life; during pregnancy, post-natally, before and after gynaecological surgery, pre-menopause, post menopause and beyond!

Our specialist women's health physiotherapist is experienced in assessing and treating all issues related to obstetrics and gynaecology. Whether it's pelvic pain incontinence, prolapse, pelvic floor weakness, perineal trauma from childbirth or simply a desire to take control of health and fitness, women's health physiotherapy can help.

Specialist treatments include:

- Manual therapy release techniques to the pelvic floor
- Bladder re-training
- Exercises to strengthen the pelvic floor muscles
- Provision of electrical muscle stimulators and pelvic floor retraining tools
- Individualised and safe ante-natal Pilates and post-natal 'return to exercise' programs
- Assessment and treatment of diastasis recti (separation of the abdominal muscles)
- Acupuncture
- Diagnostic ultrasound imaging of the abdominal and pelvic floor muscles
- Sexual dysfunction issues



Richmond Physiotherapy
getting you active
visit www.richmondphysio.co.uk