

# Women's Health Physiotherapy

## A Guide for Patients

### What is Women's Health Physiotherapy?

The service provides advice, education and appropriate exercises for different conditions that women may experience. Women's Health Physiotherapy is an effective way of managing these conditions which are predominately caused by muscle weakness.

The Women's Health Physiotherapy team provide out-patient appointments at Calderdale Royal Hospital.

### Who will treat me?

Our team consists of state registered physiotherapists with specialist post-graduate training in Women's Health. You may be invited to a pelvic floor advice and education group prior to starting your treatment. There are telephone and face to face appointments available.

### What sort of conditions do Women's Health Physiotherapists treat?

- Antenatal and postnatal pelvic girdle pain.
- Other pregnancy related musculoskeletal disorders.
- Antenatal/postnatal abdominal muscle separation (split recti)
- 3rd/4th degree tears during labour/giving birth
- Continence issues related to the bladder/bowel
- Female sexual pain (Dyspareunia)
- Pelvic organ prolapse
- Pre-operative gynaecology surgery
- Painful coccyx (Tailbone)

### What will happen at initial appointment?

These appointments last up to 60 minutes. Details of your medical history, symptoms and problems experienced will be taken in order to give the appropriate advice and agree a treatment plan.

## What treatment can I expect?

- Education on your symptoms and advice on the self-management of your symptoms.
- Tailored exercise regime
- Advice and instruction on the use of any equipment
- A vaginal examination may be necessary depending on your diagnosis. A chaperone can be present should you request one.
- Sometimes a vaginal examination is necessary depending on your diagnosis, with your consent. A chaperone can be present should you request one.

## What if I cannot attend my appointment?

If you are unable to attend your appointment please contact:

**Booking Office on: 01484 905380 or**

**Women's Health Physiotherapy out-patients on: 01422 224198**

If you are ill with vomiting or diarrhoea please be symptom free for 48 hours before attending.

If you have any symptoms of covid -19 or have been in close contact with anyone testing positive to covid -19 please phone the above number to rearrange the appointment.

## Future Appointments

Your physiotherapist will advise you on how and when to book any necessary follow up appointments.

**If you have not booked a follow up appointment within 4 weeks of your last appointment you will be discharged unless your physiotherapist has agreed otherwise.**

## Attendance Policy

In line with the Calderdale and Huddersfield Foundation Trust Patient Access Policy **if you do not attend any physiotherapy appointment without advanced notification you may be discharged.**

**You may also be discharged if you cancel two follow up appointments.**

Please note late arrival may result in the physiotherapist being unable to see you and your appointment being rebooked.

## A checklist before your first appointment

When you make your appointment please ensure that you make a note of the time and type of appointment, either telephone, virtual or face-to-face appointment. If it is a face-to-face appointment please make sure you have directions of where to go in the hospital. First appointments are up to 60 minutes and follow up appointments are up to 30 minutes

### When you attend, please have the following information available:

- Complete medical history
- Prescription list
- Appropriate clothing for any face-to-face assessment
- Where possible we ask that you do not bring relatives or children to sessions as treatment areas cannot always accommodate them.

**Please allow time to park when coming to the hospital**

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### Web Address:

<http://www.cht.nhs.uk/services/clinical-services/physiotherapy-outpatients/patient-careinformation/>

### QR Code:

Scan the QR code below to take you to our website.



**If you have any comments about this leaflet or the service you have received you can contact :**

Physiotherapy Department  
Huddersfield Royal Infirmary  
Telephone: 01484 342434

MSK physiotherapy Admin Office  
Tel: 01484 905380

[www.cht.nhs.uk](http://www.cht.nhs.uk)

**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਬ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,  
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو  
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم  
المذكور أعلاه"