



DynamicHealth



Patient Information Leaflet

Pelvic Health Physiotherapy



Cambridgeshire Community Services NHS Trust: delivering excellence in musculo-skeletal services and pelvic health physiotherapy across Cambridgeshire and Peterborough

What is Pelvic Health Physiotherapy?

Pelvic health physiotherapy is the therapeutic treatment of disorders affecting the pelvis and pelvic floor. This can include incontinence (urine and faeces), prolapse, pelvic pain and constipation. Within physiotherapy, we focus on restoring strength, function and movement within the pelvic area. We are specialist physiotherapists with knowledge of a wide variety of treatment options. We work in close association with other specialist services, if required.

What should I expect from Physiotherapy?

Your initial appointment will last between 45 and 60 minutes depending on your needs. It will be held in a private setting. We do understand that for some people, talking about these symptoms can feel upsetting and embarrassing. You will be asked a range of questions about your problem. If appropriate you will be given the option of a physical examination, which could include an internal examination.

It would be helpful if you could think about the following prior to your appointment:

- How and when did your condition start?
- Are there any activities or positions that make your symptoms better or worse?
- How often during the day and the night do you need to empty your bladder or bowel?
- How much, and what type of fluids do you drink each day?
- Have you had any treatment, tests or investigations already for your condition? What was the outcome?
- What medication(s) are you taking (a list would be helpful)?

Following your assessment, we will discuss your problem with you, and you will be advised on the best management options available. All management plans are individually tailored to suit your needs. To get the most from your treatment you will be asked to follow advice and undertake exercises at home.

Consent

When you are asked to agree to any form of examination or treatment, remember you have a choice. You are always free to say no or to ask for more information before you make up your mind. If you would like a chaperone in your consultation or treatment, please let your physiotherapist know and we will arrange this.

Anything we can do better?

We are always looking to improve our service. If you have any ideas, suggestions or feedback for us, please discuss it with us or complete a feedback form available from our reception desk.

Follow Up Appointments

These usually last up to 30 minutes. Across our service, we run a follow up system called Opt In. It is designed to reduce the number of missed appointments within the service by giving you, as patients, more responsibility for your physiotherapy care.

It also gives you more flexibility as to when you return to see us and more choice of appointment times to suit you. If you wish to have further physiotherapy appointments, please telephone us on 0300 555 0123 to rebook for a review; just like you would with your GP.

We ask you understand that:

- it is important to keep your appointment. If you need to cancel an appointment, please give us as much notice as possible. This will also enable us to offer your appointment slot to another patient. Failure to attend or late notice of cancellations increases our waiting times considerably and may lead to you being discharged in accordance with our access policy.
- Occasionally we have trouble contacting you if you have call barring at home. If we are due to phone you, please inform us you have phone barring so you can add the service number to your preferred list.

For further information about this service contact:

General Enquiries: 0300 555 0123

Physiotherapy Dept, Hinchingsbrooke Hospital, Hinchingsbrooke Park, Huntingdon, Cambs PE29 6NT

Physiotherapy Dept, Brookfields Campus, 351 Mill Road, Cambridge, CB1 3DF

Physiotherapy Dept, Princess of Wales Hospital, Lynn Road, Ely, Cambs, CB6 1DN

Physiotherapy Dept, Doddington Hospital, Benwick Road, Doddington, Cambs, PE15 0UG

Physiotherapy Dept, Rowan Lodge, North Cambs Hospital, The Park, Wisbech, Cambs, PE13 3AB

Physiotherapy Dept, City Care Centre, Thorpe Road, Peterborough, PE3 6DB

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If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

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If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.