

Are you having gynaecology surgery?

Pelvic Health Physiotherapy prior to your operation helps you prepare for the surgery, set realistic expectations and help with your recovery afterwards. Whilst you may be having surgery for a range of different reasons, Pelvic Health Physiotherapy can help to achieve optimal functioning of your bladder, bowel and pelvic floor muscles. This will assist in your recovery and in preventing a reoccurrence of your symptoms (such as incontinence or prolapse).

Pre-operative pelvic health physiotherapy aids in post-operative recovery and includes:

- Providing education about the surgical procedure and providing you with an understanding of recommendations for optimal post-operative care including rest, gentle activity, relevant precautions (eg: lifting) and expectations about returning to work.
- Assessing and commencing pelvic floor muscle exercises with the correct technique
- Optimising your bladder and bowel function and toileting technique to eliminate any straining or constipation
- Determining if you have any risk factors that may contribute to a continuation of your symptoms after your procedure

Pelvic health Physiotherapy, usually at 6 weeks after your procedure, includes:

- Progression of individualised pelvic floor muscle training program
- Recommendations regarding appropriate fluid intake and toileting habits, optimising bladder and bowel function and avoiding straining
- Providing advice regarding appropriate activity/exercise and returning to your chosen forms of exercise/sport
- Advice to minimise lifting, especially in the first 6 weeks post-surgery, then instructing in a graded return to lifting/strenuous activities
- Discussing your work responsibilities and a graded return to work activities
- Provide advice and strategies for returning to intimacy as required
- Ensuring you have access to other health professionals as required:
 - General practitioner
 - Continence Nurse
 - Sexual Health Professional
 - Psychologist
 - Other Gynaecology support services



At Body Logic Pelvic Health Clinic we take a holistic approach in supporting you through your Gynaecology journey. We will discuss your body's healing timeframes and ensure you are comfortable and confident in a safe return to all your desired activities/exercise/work duties as soon as possible.

pelvichealthclinic.physio

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