

## Post-Natal Care

Following the birth of your baby, whether that is by vaginal birth or caesarean section, pelvic health physiotherapists can assist you in your recovery. At the Pelvic Health Clinic, our aim is to look after you, all of you.

## Incontinence

Urinary leakage is very common following childbirth. In fact, one in three women who have had a baby will experience urinary leakage. If you have had a child, you are three times more likely to leak urine, than women who have not had children. The more children you have, the more chance you will have of leaking. Read more about urinary leakage [here](#). If you are need help with urinary leakage, **[BOOK NOW!](#)**

## Pelvic organ prolapse management

Pelvic organ prolapse is common in women who have had a baby, with 50% of women who have had a vaginal delivery experiencing some degree of prolapse. The bladder, bowel or uterus can descend into the vagina, with the most common symptom being “the feeling of a lump or bulge protruding into the vagina”. Not all pelvic organ prolapse are bothersome. Read more about pelvic organ prolapse [here](#). If you are

concerned about prolapse symptoms, **BOOK NOW** with one of our specialist pelvic health physiotherapists!

## Rectus Abdominis Diastasis (abdominal muscle separation) Rehabilitation

Stretched or weakened abdominal muscles after having a baby is common. In some women, the rectus muscle separates during pregnancy and this can be called a rectus abdominis diastasis or diastasis of rectus abdominus. Some separation of the rectus is normal, and this should start to close after you have given birth. In some women, the separation is greater, and recovery takes longer. Read more about rectus abdominis diastasis [here](#). If you are worried about abdominal separation, the Pelvic Health Clinic can help, **BOOK NOW!**

## Painful Intercourse Following the Birth of Your Baby

Returning to regular sex is an individual decision, and while most women wait until after their six-week check-up with their doctor or obstetrician, some women wait longer. Pain with sexual intercourse is common after having a baby. There are several different reasons why women can experience pain with sex. More information about painful intercourse can be found [here](#). Pain with sex is not normal and pelvic floor physiotherapy can help. We are here to help, **BOOK NOW!**

## Management of Mastitis and Blocked Milk Ducts in Breastfeeding Mothers

While an incredibly happy occasion, having a new baby can be a challenging time for many new mums who choose to breastfeed. Breastfeeding is hard and can be extremely challenging when women develop blocked milk ducts, mastitis and nipple trauma. But physiotherapy can help and here at the Pelvic Health Clinic, we are highly trained to help you get back on track with your feeding journey. Read more about treatment option [here](#), and **BOOK NOW!**

## Returning to Exercise After Birth

There are so many benefits of exercise, including improved physical health, improved sleep and energy levels, helping to manage stress and boosting mental health. It can be the missing puzzle piece for so many in the postnatal period. But knowing which exercises are best and when to start can be difficult after having a baby. At the Pelvic Health Clinic, our team of physiotherapists are experts in delivering a thorough assessment and developing an individualised graduated exercise program to help you meet your exercise goals. **BOOK NOW** and let us help you!

## Constipation, haemorrhoids and anal fissures

Bowel concerns are very common during pregnancy and for many women these problems can continue even after childbirth. Read more about good bowel habits [here](#). If you are having any bowel troubles, our team pelvic health physiotherapists can help, **BOOK NOW**.

## Management of Breastfeeding Issues including mastitis, blocked ducts and damaged nipples

While an incredibly happy occasion, having a new baby can be a challenging time for many new mums who choose to breastfeed. Breastfeeding is hard and can be extremely challenging when women develop blocked milk ducts, mastitis and nipple trauma.

Ineffective attachment (also called latch) is often one of the main causes, which can lead to bacteria tracking back into the breast from a traumatized nipple and/or poor drainage of the breast during feeding. Seeking help from a lactation consultant, child health nurse or midwife is recommended to address the underlying causes of poor attachment and repeated infection.

Therapeutic ultrasound treatment has also been shown to be clinically effective in treating blocked milk ducts that may be limiting effective milk flow during feeding and potentially progressing to mastitis. Laser treatment is also effective in promoting healing and reducing pain of cracked and grazed nipples. Neither treatment should be painful

Signs and symptoms of breast issues:

- blocked milk ducts: lump which can be painful to touch and often associated with red surrounding breast tissues
- mastitis: lump within the breast tissues, reddening of the area, pain to touch AND associated with flu like symptoms (body aches and pains, fever). If you think you have mastitis it is very important to see your GP as soon as possible so you can start on antibiotics as mastitis is an infection within the breast.
- damaged nipples: cracked, grazed nipples, tender to touch and possible bleeding

Helpful tips for blocked ducts:

- drinking 2.5-3L of fluid daily (mostly water)
- frequent feeds, ever 2-3 hours
- draining both breasts during a feed
- avoid wearing underwire bras
- gentle massage of the lump during feeds and in a warm shower

Helpful tips for damaged nipples:

- working with a lactation consultant to ensure correct attachment
- lanolin nipple cream
- hydrogel breast discs

Prompt treatment is recommended for breast conditions as we want to support your breastfeeding journey, so book in with one of our physiotherapists today!

## Returning to Exercise After Birth

There are so many benefits of exercise including:

- improved physical health
- improved sleep and energy levels
- help to manage stress
- boosting mental health.

It can be the missing puzzle piece for so many in the postnatal period. But knowing which exercises are best and when to start can be difficult after having a baby. Our pelvic health physiotherapists are the best place to design a safe graduated exercise program to help you meet your goals.

The concern with returning to exercise too quickly after having a baby is your pelvic floor muscles are weak after carrying your baby in the womb for 9 months and have been stretched through the process of child birth. A deconditioned pelvic floor can increase the risk of pelvic organ prolapse, leakage of urine, wind or poo, and the development of musculoskeletal pain including back or pelvic pain.

Before designing a program, our physiotherapists will do a comprehensive assessment including a specific assessment of your pelvic floor and abdominal muscles. Assessment of the pelvic floor can be performed via real-time ultrasound or a vaginal examination, depending on your needs and preference.

Your physiotherapist will then discuss the findings and create a specific exercise program to meet your individual needs and goals, including:

- Pelvic floor muscle training
- Strengthening of the abdominal muscles
- General body reconditioning
- Cardiovascular fitness advice
- Postural advice

It is very important to our physiotherapists that your goals and exercises preferences are the basis in which we design your treatment program. This is because the most important thing about exercise is that you enjoy it!

We encourage you to keep up with regular walking, pelvic floor exercises and **BOOK IN** with the Pelvic Health Clinic team and let us help you return to exercise safely and confidently.