



Perinatal Pelvic Health

Are you having any bladder or bowel problems, or a feeling of heaviness or dragging in your vagina?

Are you having any pelvic pain during your pregnancy, or since you gave birth?

Physiotherapy may be able to help.

Please scan the QR code below, then fill in and submit the questionnaire.

You will then be sent an appointment, or information as appropriate.

You can use this service until your baby is one year old.

