

**Pelvic Pain?**

**Lower back or hip pain?**

**Bladder or bowel problems?**

**Heaviness or dragging  
sensation in your vagina?**

If you have any of these issues in your pregnancy or since giving birth\* our physiotherapy pelvic health service may be able to help.

Scan the QR code to complete the form and we will contact you to arrange an appointment



\*This service is for pregnant women and women with babies under a year old only