

# Information Leaflet



Liverpool Women's  
NHS Foundation Trust

## Pelvic Health Physiotherapy Appointment

We provide specialist treatment and assessment to women for a variety of pelvic health problems including –

- Urinary Incontinence
- Fecal Incontinence
- Constipation
- Overactive Bladder Syndrome
- Dyspareunia (pain during sexual intercourse)
- Pelvic Pain
- Pelvic Girdle Pain

### What to expect during your appointment –

Be prepared to talk about your symptoms, how long you have experienced them and how they affect you. This will help your Physiotherapist piece together a picture of what is happening and how best to help you. Following this, we may decide it is necessary to complete an internal examination (vaginal/ rectal), an abdominal examination, or a functional assessment. This is not compulsory and will only be completed with your full informed consent. You will have the opportunity to discuss this in more detail with your physiotherapist, and please feel free to ask questions.

If you would like a chaperone during any examination, please ask your physiotherapist and this will be provided by a member of our team.

Physiotherapy Dept direct line – 0151 702 4170

**This leaflet can be made available in different formats on request. If you would like to make any suggestions or comments about the content of this leaflet, then please contact the Patient Experience Team on 0151 702 4353 or by email at [pals@lwh.nhs.uk](mailto:pals@lwh.nhs.uk)**

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