

Women's Health Service



CRYSTAL PALACE
PHYSIO GROUP

Making People Better

The private Women's Health service will offer both an Obstetrics and Gynaecological service. The service is led by an experienced senior physiotherapist with specialist training in Women's Health. The conditions treated are detailed below;

OBSTETRICS

Ante-Natal:

- Advice and treatment for back, neck, rib and pelvic girdle pain (sacroiliac or symphysis pubis /SPD). Also for nerve problems such as Sciatica and Carpal Tunnel Syndrome (pain, pins and needles or numbness in the hands).
- Physical preparation for labour (positions for labour, breathing techniques, massage, relaxation, TENS).
- Pelvic Floor exercises and training, to prevent and treat incontinence.
- Ante Natal Pilates.

Post-Natal:

- Treatment for back, neck and pelvic pain and practical advice relating to breast-feeding and carrying baby and improving posture.
- Post-natal abdominal retraining following a C-Section delivery and for rectus diastasis
- Pelvic Floor Training – for incontinence, prolapse, pelvic pain or following perineal trauma during delivery.
- Individualised and safe 'return to exercise' programmes
- Post-natal Pilates.

GYNAECOLOGY:

Treatment of incontinence, pelvic organ prolapse and pelvic pain including:

- Pelvic Floor Training (using Kegel exercises, EMG biofeedback, muscle simulation and cones).
- Manual therapy for overactive or painful pelvic floor muscles.
- Bladder Training and Acupuncture for overactive bladder syndrome.
- Safe rehabilitation following pelvic floor surgery or hysterectomy.

Contact us now

☎ 020 8778 9050

📠 020 8659 1501

✉ enquiries@cppg.co.uk

🌐 www.cppg.co.uk

