

Women's Health / Continence

In the Bon Secours Hospital, our women's health / continence service is led by Senior Physiotherapist in Women's / Men's Health & Continence, Mags McDonald MISCP.

Women's health issues can occur due to a number of different reasons. Our women's health physiotherapists play a key role in the treatment of pain, musculoskeletal dysfunction, incontinence and pelvic floor dysfunction.

Musculoskeletal problems

- Antenatal & postnatal pain including pelvic girdle pain, low back pain, thoracic spine/ rib pain ("rib-flare").

Treatments include manual therapy, appropriate exercise, advice, postural correction

Pelvic floor dysfunction

Pelvic floor dysfunction includes weak pelvic floor muscles, overactive pelvic floor muscles, pelvic/ perineal pain syndromes and muscle imbalances. Pelvic floor dysfunction may manifest itself in a number of ways including:

- Antenatal & post natal incontinence
- Stress Urinary incontinence
- Overactive bladder (OAB), urinary frequency, urgency, urgency incontinence
- Pelvic organ prolapse
- Anorectal incontinence,(bowel (faecal) incontinence, incontinence of 'wind')
- Difficulty defaecating (opening bowels) e.g. constipation
- Pelvic pain/perineal pain syndromes (including pudendal neuralgia)
- Overactive Pelvic Floor muscles (including vaginismus)

Treatment/ Pelvic Floor Rehab

Treatments are tailored to individual needs

Treatment for overactive pelvic floor muscles includes breathing techniques, manual therapy, posture correction pelvic floor release techniques with or without biofeedback. It is important to release the pelvic floor muscles prior to strengthening them. In the early stages abdominal exercises and pelvic floor exercises may be contra-indicated

Treatment for weak pelvic floor muscles includes correct pelvic floor exercise technique. This involves correct breathing technique and correct posture. Treatment of symptoms of overactive bladder may involve bladder training techniques also. Biofeedback and Neuromuscular-Electrical Stimulation may be indicated in some cases