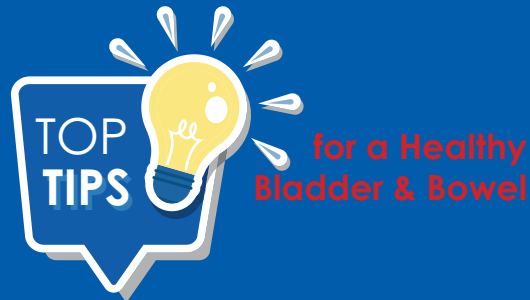




**BON SECOURS HOSPITAL GALWAY**  
Bon Secours Health System



- Squeeze before you cough or sneeze.



- Don't go to the toilet "just in case".



- Minimise tea, coffee, alcohol.

- Avoid constipation and straining.

## WOMEN'S HEALTH AND CONTINENCE PHYSIOTHERAPY TREATMENT

### TO MAKE AN APPOINTMENT

- CONTACT US DIRECTLY
- ASK YOUR GP OR CONSULTANT TO REFER YOU

### IF YOU HAVE ANY QUESTIONS PLEASE CONTACT:

#### CONTACT INFORMATION

**Physiotherapy Department**  
Bon Secours Hospital,  
Dublin Road,  
Renmore,  
Galway

**Phone:** 091- 381932

**Fax:** 091 -381934

**E-mail:** bsgphysio@bonsecours.ie



**BON SECOURS HOSPITAL GALWAY**  
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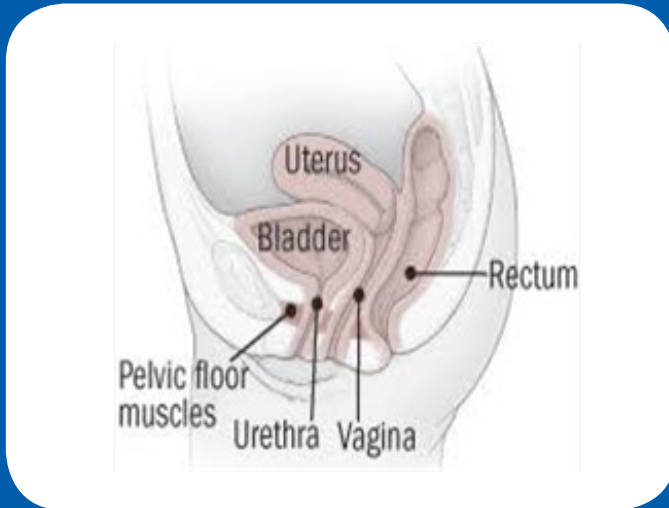
## WOMEN'S HEALTH AND CONTINENCE PHYSIOTHERAPY TREATMENT

### Patient Information Leaflet

#### Advanced Medicine Exceptional Care

Bon Secours Hospital, Renmore, Galway.

Tel: 091 381 900 Email: info@galway.bonsecours.ie



### Common Women's Health Problems:

- Urinary Incontinence
- Faecal Incontinence
- Overactive Bladder
- Pelvic Pain
- Pelvic Floor Muscle Weakness
- Bowel dysfunction
- Post Pregnancy

### Causes of Pelvic Floor Problems:

- Pregnancy & Childbirth
- Menopause
- Constipation & Straining
- Overweight
- Chronic Cough
- Heavy Lifting

### We Can Help to...

- Reduce Pain
- Improve Bladder Control
- Improve Bowel Function
- Increase Pelvic Floor Strength and Control
- Overall Better Quality of Life

### Bon Secours Women's Health Physiotherapy Service:

- Full assessment of pelvic floor (may include an internal exam)
- Pelvic Floor strength training
- Bladder education
- Muscle stimulation Bowel / Bladder
- Trigger point therapy / Dry needling for pain
- Lifestyle and exercise advice
- Private treatment rooms
- 3 Specially trained Chartered Physiotherapists
- Team approach - feedback to Consultant or Dietician as needed

