

How to access our service

We accept self-referrals as well as referrals from your consultant, GP or midwife.

The Portland Hospital accepts both self-funding and health insurance authorisation as methods of payment.

Get in touch

Please contact The Portland Hospital Therapies Department for more information.

Call: 020 7390 6553 and choose:

Option 1 to book an appointment | Option 2 for enquiries

Email: portlandwomensphysio@hcahealthcare.co.uk

Where to find us

The Portland Hospital
205-209 Great Portland St,
London W1W 5AH

The Portland Hospital
for Women and Children

part of **HCAHealthcare uk**

V1 05/20



WOMEN'S HEALTH PHYSIOTHERAPY

HIGHLY SPECIALISED
ASSESSMENT AND TREATMENT

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Individualised physiotherapy assessments

The women's health physiotherapy team are based at The Portland Hospital for both inpatient and outpatient services. We recommend a one-to-one physiotherapy assessment to ensure you get individualised advice.

We offer highly specialised assessment and treatment for a variety of conditions, and also give guidance regarding activity and exercise.

Our experienced physiotherapists offer individual Pilates sessions which can help to reduce pain, as well as keep you fit and toned.

Treating pregnancy-related pain

Physiotherapy can help with the following problems:

- Any issues which develop during pregnancy or following delivery
- Pelvic girdle pain, symphysis pubis (pubic bone) dysfunction, sacro-lilac joint and spinal dysfunction)
- Wrist or hand pain – carpal tunnel syndrome
- Neck and shoulder pain
- Upper back or rib pain
- Hip or leg pain
- Bladder or bowel pain
- Abdominal discomfort following caesarean section, or tummy muscle worries

Treating bladder, bowel and pelvic conditions

Lots of women experience bladder, bowel and pelvic conditions in their lifetime and they are sometimes considered a 'normal' part of life. However, we can help to improve the situation.

We offer a fully detailed initial assessment where we can discuss your symptoms and how they're affecting you. Following this, we may suggest an examination to understand what physical symptoms you have. Together we can plan your physiotherapy.

Physiotherapy can help with the following problems:

- Urinary leakage on activities such as coughing, sneezing or lifting
- Difficulty controlling wind, bowel urgency or bowel movements
- A heavy and/or uncomfortable feeling in the perineal or vaginal area (possible prolapse)
- Perineal discomfort following delivery, including stitches or scar issues
- Pain with sex (dyspareunia)
- Chronic pelvic and vaginal pain such as vulvodynia/vaginisimus symptoms
- Pre and post-surgery e.g. hysterectomy or myomectomy
- Musculoskeletal pain in the pelvic joints
- Physical symptoms of the menopause such as vaginal dryness