

# Maternity Services

We're here for you from the very start of your pregnancy through to the birth of your baby and beyond.



## Pelvic, Obstetric and Gynaecological Physiotherapy

Also known as "Women's Health Physiotherapy"

At the Whittington Hospital we have one Specialist Physiotherapist in Pelvic, Obstetric and Gynaecological Physiotherapy. The Specialist Physiotherapist provides services for Physiotherapy and Gynaecology Outpatients and Inpatients, and provides general antenatal and condition specific classes. **This service is available to both women and men.**

### Conditions treated

Specialist treatment is provided for conditions related to pelvic floor muscle dysfunction, continence and pregnancy such as:

- Urinary Incontinence
- Pelvic Organ Prolapse
- Anal Incontinence
- Genital Pain
- Painful Intercourse
- Antenatal back and pelvic pain (referred up to 6 weeks postnatal)
- Rectus diastasis (abdominal muscle gapping) in the obstetric year

### Referral

You will need to be referred by your GP, Consultant or Midwife. Once you have been referred you will normally receive a letter inviting you to book your first appointment or with a class appointment date.

The Specialist Physiotherapist will triage your referral and recommend either a condition specific (female only) class or a one to one assessment as your first appointment. All further appointments are normally one to one.

### Waiting times

A class appointment is normally available within 3 weeks and an individual appointment between 8 to 12 weeks.

### Musculoskeletal Physiotherapy

You may self-refer via the form on the Whittington Health Musculoskeletal Physiotherapy webpage. You will be offered an appointment within 5 weeks at a choice of several locations through Haringey and Islington. If you have back or pelvic pain in pregnancy, we recommend you attend both a class session and individual musculoskeletal physiotherapy sessions.

### Your Pelvic, Obstetric and Gynaecological Physiotherapist;



**Katie Jeitz,**

Highly Specialised Physiotherapist in Women's Health.

### Contact

Please phone Physiotherapy Reception on: **020 7288 5660** to book an appointment or speak to the Physiotherapist.