

## POGP website leaflets for Ante/Post Natal Women

### Pelvic Health Physiotherapy

#### Information

Please find below a useful list of booklets from the POGP (Pelvic, Obstetrics, Gynaecology Physiotherapy including Urology) This is a clinical interest group for Pelvic Health Physiotherapists and their patients. These can be read online and also be printed.  
[www.pogp.csp.org.uk](http://www.pogp.csp.org.uk)

#### Antenatal/Postnatal Booklets

- Fit for Pregnancy
- Fit for Birth
- Pregnancy Related Pelvic Girdle Pain - for mothers to be and new mothers
- Aquanatal Guidelines: antenatal and postnatal
- Fit and Safe: Exercise in the Childbearing Year
- Exercise and Advice after pregnancy
- Fit for the Future – postnatal advice and exercise
- Pilates in Women's Health Physiotherapy
- Pelvic Floor Exercises (for Women)
- The Mitchell Method of Simple Relaxation

#### Reminder Apps for Pelvic Floor Exercises

There are apps you can purchase for your smart phone or tablet which can remind to do your exercises. You can preset the times of the day and record the number of exercises you have completed. They have visual and optional audio features to help you remember throughout the day. You will need to allow notifications for the reminders to work. Your pelvic health physio is able to assist you with setting and progressing your programme. The Squeezy NHS APP costs £2.99 from the App Store or Google Play.

#### General Leaflets

New Introductory Booklet Pack - The Role of the Women's Health Physiotherapist

#### Other sources of information

Baby Buddy App (free) NHS endorsed - [www.rcog.org](http://www.rcog.org)

#### Other formats

**If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department. Tel: 0300 131 4500 - Email: [esh-tr.AccessibleInformation@nhs.net](mailto:esh-tr.AccessibleInformation@nhs.net)**

#### Reference

Pelvic Health Physiotherapy Department

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