

POGP website leaflets for Gynae/Urology patients

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

Gynaecology/Urology Booklets

- Pelvic Floor Exercises (for Women)
- Pelvic Organ Prolapse
- Improving your Bowel Function
- Pilates in Women's Health Physiotherapy
- The Mitchell Method of Simple Relaxation
- Promoting Continence with Physiotherapy
- Fit following Surgery – Advice and Exercise Following Major Gynaecological Surgery

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

www.womens-health-concern.org/help-and-advice/factsheets/ | www.rcog.org | <https://thebms.org.uk/> | Book - Hysterectomy, Vaginal Repair, and Surgery for Stress Incontinence can be purchased £6.77 kindle version available.

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 x734434 Email: esh-tr.AccessibleInformation@nhs.net

Reference

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